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Tuesday



Santino stored up rocks to throw at zoo visitors.

Premeditated: Irked chimp proves animals plan ahead | **7**

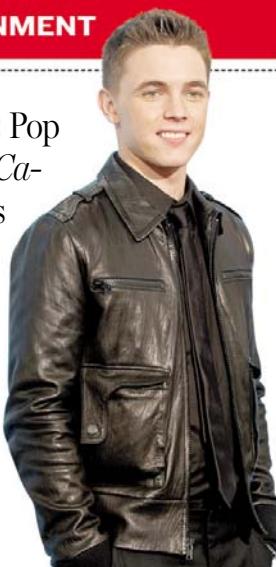
Red Scare: Officials protest Chinese harassment of ship | **5**

Big Grapple: Hoyas hit N.Y.C. for last shot at Big Dance | **10**

ENTERTAINMENT

Revolver: Pop star Jesse McCartney remixes his album. Plus, 'Law and Order' speaks with a British accent.

>> **13-18**



DO YOU THINK IT'S UNETHICAL TO USE EMBRYONIC STEM CELLS FOR SCIENTIFIC RESEARCH? **A** YES **B** NO

TO CAST YOUR VOTE, VISIT EXPRESSNIGHTOUT.COM OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 28



Stem Cell Policy Overturned

Obama moves to separate scientific research from politics

WASHINGTON | Reversing Bush policy, President Barack Obama on Monday cleared the way for a significant increase in federal dollars for embryonic stem cell research and promised no scientific data will be "distorted or concealed to serve a political agenda."

Obama signed the executive order on the divisive stem cell issue and a memo addressing what he called scientific integrity before an East Room audience packed with scientists. He laced his remarks with several jabs

at the way science was handled by former President George W. Bush.

Obama said his memorandum is the beginning of a process of ensuring his administration bases its decisions on sound science; appoints scientific advisers based on their credentials, not their politics; and is honest about the science behind its decisions.

Fulfilling a campaign promise, Obama signed the order on stem cell research that supporters believe could uncover cures for



Obama

serious ailments from diabetes to paralysis.

Obama's action reverses Bush's stem cell policy by undoing his 2001 directive that banned federal funding for research into stem lines created after Aug. 9, 2001.

Bush argued he was defending human life because days-old embryos — although typically from fertility clinics and already destined for destruction — are destroyed to create the stem cell lines. (AP)

Scholars Unveil 'Real' Face of Shakespeare



BACK IN TIME: Professor Stanley Wells, chairman of the Shakespeare Birthplace Trust, unveils a painting of William Shakespeare in London on Monday that scholars believe is the only authentic image of Shakespeare made during his life. The recently discovered painting is believed to date from around 1610.



TUESDAY
51° 47°



WEDNESDAY
65° 39°



THURSDAY
48° 35°

TODAY: Mostly cloudy and becoming cooler with a little rain likely | **30**

eyeOpeners

STEREOTYPES

Just Your Typical Night Down Under

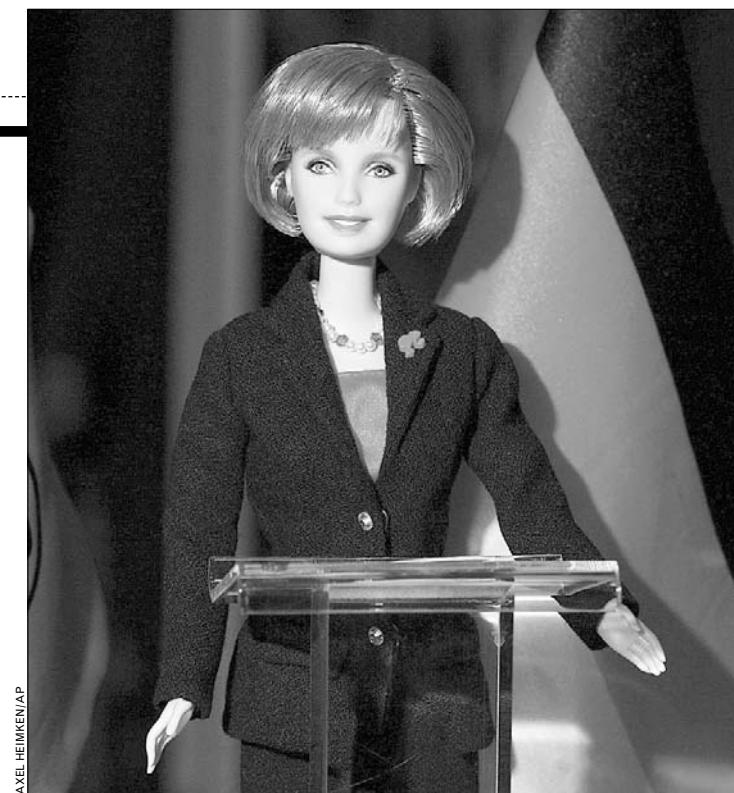
When a dark intruder smashed through Beat Ettlin's bedroom window in Canberra, Australia, and bounced on his bed, he was relieved to discover it was a kangaroo. "My initial thought when I was half-awake was, 'It's a lunatic ninja coming through the window,'" the 42-year-old said Monday. "It seems about as likely as a kangaroo breaking in." But his relief was brief. The frantic kangaroo bounded into the bedroom of his 10-year-old son, who screamed, "There's a 'roo in my room!" Ettlin wrestled the thrashing and bleeding intruder into a hallway. He used a single hand to open the front door and shoved the kangaroo into the dark night. (AP)



ADVICE

Even if the Shoe Fits, Don't Buy It!

In Vista, Calif., a former bookkeeper embezzled \$9.9 million, forcing her company to lay off workers as she bought 400 pairs of shoes that she kept in a room-sized closet, authorities claim. Annette Yeomans, 51, surrendered at the Vista jail on Friday and was booked for investigation of grand theft and embezzlement. She was being held Saturday at the San Diego County jail in lieu of \$10 million bail. She spent at least \$240,000 on 400 pairs of shoes, \$300,000 on designer clothing and 160 purses valued at \$2,000 each. She also remodeled a bedroom into a closet with a chandelier and a 32-inch TV, they said. (AP)



GOODS

Smoky Bandit

Authorities say they arrested a jail inmate trying to sneak back into the lockup with cigarettes allegedly sto-

len from a nearby store. Sheriff Tommy Gregory said Saturday that 25-year-old Harry Jackson of St. Marys, Fla., opened a door to the exercise yard and climbed the outer fence. Deputies found a jail door unlocked Saturday and

SAYINGS

Ich Bin Ein Barbie

This gal doesn't look like she's spent much time sunning herself in Malibu. In fact, the incarnation of Barbie shown here is currently a Berliner, considering she serves as chancellor of Germany. That's right, folks — meet Angela Merkel Barbie, created by Mattel in honor of the doll's 50th anniversary. We've no doubt this'll be a financial score for the toy company — strip Barbie of her flowing locks, pink car and fun accessories, and the little girls will go wild! (EXPRESS)

were looking for the inmate. They spotted Jackson trying to return and found 14 packs of cigarettes they believe were stolen from a convenience store. Jackson faces new charges of breaking out of jail and burglary. (AP)

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"It's fallen off a cliff. Not only has the economy slowed down a lot, but people have really changed their habits like I haven't seen."

—Warren Buffett, warning on CNBC Monday that unemployment may continue to go up.

Nation

In Brief



MARTHA STEWART LIVING/ONNIMEDIA/AP

President says he will limit practice of using 'signing statements'

WASHINGTON | President Obama on Monday ordered a review of former President George W. Bush's guidelines for implementing legislation passed by Congress, at the same time saying that he would employ his own version of how he wants the government to follow the law.

In a memo to senior government officials, Obama said they must check with Attorney General Eric Holder before relying on any of Bush's so-called "signing statements" for guidance.

Bush often issued a statement when signing a bill into law, and critics said the statements at times



GERALD HERBERT/AP

President Obama signs an executive order on stem cells on Monday. Obama has ordered a review of former President George W. Bush's "signing statements."

showed government officials how to circumvent the law if Bush disagreed with it on constitutional grounds.

"There is no doubt that the practice of issuing such statements can be abused," Obama wrote. "Constitutional signing statements should not be used to suggest that the president will disregard statutory requirements on the basis of policy disagreements."

Obama ordered his administration to work with Congress to let lawmakers know about concerns over legality before legislation gets to the White House for the president's signature.

He also pledged that he would use caution and restraint in writing his own signing statements.

PHILIP ELLIOTT (AP)

Study: 1 in 50 Kids Faces Homelessness

Report gives 24 states 'inadequate' grades for addressing issue

NEW YORK | One of every 50 American children experiences homelessness, according to a new report that says most states have inadequate plans to address the worsening and often-overlooked problem.

The report being released Tuesday by the National Center on Family Homelessness gives Connecticut the best ranking. Texas is at

INSIDE THE REPORT

- The report's overall state rankings reflect performance in four areas: child homelessness per capita, child well-being, risk for child homelessness, and state policy and planning.
- The top five states were Connecticut, New Hampshire, Hawaii, Rhode Island and North Dakota.
- At the bottom were Texas, Georgia, Arkansas, New Mexico and Louisiana.

the bottom.

"These kids are the innocent victims, yet it seems somehow or other they get left out," said the center's president, Dr. Ellen Bassuk. "Why are they America's outcasts?"

The report analyzes data from 2005 to 2006. It estimates that 1.5 million children experienced homelessness at least once that year, and says the problem is surely worse now because of the foreclosures and job losses of the deepening recession.

Reflecting the disarray caused by

Hurricane Katrina, the report said Louisiana had the most homeless children per capita in 2006, followed by Texas and California.

However, Bassuk — a psychiatry professor at Harvard Medical School — said many states fell short in regard to policy and planning. Only six were praised for "extensive" planning to curb child homelessness. Twenty-four states received an "inadequate" grade.

"If we could freeze-frame it now, it would be bad enough," said Sen. Robert Casey, D-Pa., who wrote a foreword to the report. "By the end of this year, it will be that much worse." DAVID CRARY (AP)



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Nation



BOTTOMS UP: Utah lawmakers agreed Monday to eliminate the state's 40-year-old private club system, which requires patrons to fill out an application and pay a fee for the right to enter a bar.

Charges in Church Attack

Suspect in Ill. pastor's fatal shooting marked 'death day' in planner

MARYVILLE, ILL. | The man charged with gunning down a pastor mid-sermon then stabbing two congregants referred to Sunday as "death day" on a planner found in his home and carried enough ammunition to kill 30 people, a prosecutor said Monday.

Madison County State's Attorney William Mudge did not know how the reference was entered in alleged gunman Terry J. Sedlacek's day planner, only that it singled out Sunday as "death day."

"The only thing I can really comment on is he came armed with many rounds of ammunition and a knife, and I think we can surmise that more bloodshed may have occurred," Mudge said Monday.

Sedlacek, 27, of Troy, was charged Monday with first-degree murder and aggravated battery in the attack that killed the Rev. Fred Winters and left two congregants who tackled the



The First Baptist Church in Maryville, Ill., began grief counseling on Monday.

gunman with stab wounds.

Neither Mudge nor Illinois State Police would comment on a motive in the attack, or on Sedlacek's mental state when he allegedly strode into First Baptist Church shortly after 8 a.m. Sunday, exchanged words Winters, and then began firing.

"We're still not sure what the reasoning was," said Illinois State

Police Lt. Scott Compton.

Sedlacek once suffered bouts of erratic behavior his family said was due to Lyme disease. In an August 2008 St. Louis Post-Dispatch article, Ruth Abernathy said her son was taking several medications and had difficulty speaking after contracting the tick-borne illness. (AP)

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A HACK JOB: Three more federal charges have been filed against a University of Tennessee student charged with hacking into the personal e-mail account of Sarah Palin, the Alaska governor and former Republican vice presidential nominee.



Nation

U.S.: China Harassed Naval Vessel

The Pentagon protests ‘immature’ maneuvers in South China Sea

WASHINGTON | The Obama administration vowed Monday to keep up military surveillance in waters off China and protested to China about what it called harassment of a U.S. ship doing that work last week.

The Pentagon charged that a Chinese intelligence-gathering vessel and four others “shadowed and maneuvered dangerously close” to the USNS Impeccable surveillance ship in the South China Sea on Sunday, then threw obstacles in the water as it tried to leave.

In an odd twist, the unarmed Impeccable, which is operated for the Navy by civilian mariners, turned fire hoses on one vessel that came within 50 feet of it. The Chinese crew stripped to their underwear, and then closed to within 25 feet.

A Pentagon spokesman called that “immature” and said the Chi-



Two Chinese trawlers are shown maneuvering near the USNS Impeccable surveillance ship Sunday in the South China Sea.

nese behaved recklessly and in violation of international law.

“We view these as unprofessional maneuvers,” spokesman Bryan Whitman said.

The U.S. Navy surveillance ships tow sonar equipment that probes

the ocean to gather acoustic data and detect underwater threats.

The craft was specifically designed to augment the Navy’s anti-submarine capability, although military spokesmen would not be specific about the

Impeccable’s duties.

The incident came just a week after China and the U.S. resumed military-to-military consultations following a five-month suspension over U.S. arms sales to Taiwan.

PAULINE JELINEK (AP)

Minority Voting Rights Extension Nixed by Court

WASHINGTON | The Supreme Court ruled Monday that a part of the Voting Rights Act aimed at helping minorities elect their preferred candidates applies only in electoral districts where minorities make up more than half the population.

This could make it harder for some minority candidates to win election and for Southern Democrats, in particular, to draw friendly electoral boundaries after the 2010 Census.

The 5-4 decision, with the court’s conservatives in the majority, came in the case of a North Carolina plan that sought to preserve the influence of black voters even though they made up just 39 percent of the population in a state legislative district.

While not a majority, the black voters were numerous enough to determine the outcome of elections, the state argued in urging the court to extend the civil rights law’s provision to the district. (AP)

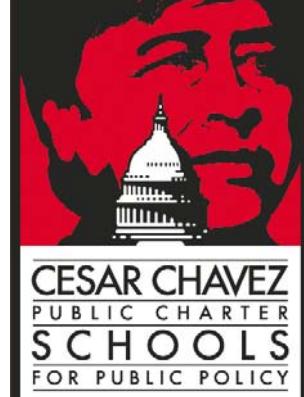
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World



BAD SPORT: Poland's prime minister has apologized after being caught on tape skipping a parliamentary vote to play soccer with friends. A private Polish TV station caught Donald Tusk in a match on Thursday while lawmakers voted on pension plans.

N. Korea Threatens Aggression

Military says attempts to stop satellite launch could provoke a war

SEOUL, SOUTH KOREA | North Korea put its troops on alert and cut the last hot line to Seoul on Monday as the American and South Korean militaries began joint maneuvers. The communist regime warned that even the slightest provocation could trigger war.

The North stressed that provocation would include any attempt to interfere with its impending launch of a satellite into orbit. U.S. and Japanese officials suspect the launch is a cover for a test of a long-range missile and have suggested they might try to intercept the rocket.

"Shooting our satellite for peaceful purposes will precisely mean a war," North Korea's military threatened in a statement carried by the official Korean Central News Agency. Any interception attempt will draw "a just, retaliatory strike," it said.

The North has been on a retreat from reconciliation since President Lee Myung-bak took office in the South a year ago. After Lee said the North must continue dismantling its nuclear program if it wants aid, Pyongyang cut ties, suspended joint projects and stepped up its belligerence rhetoric. JEAN H. LEE (AP)

China Tightens Security in Tibet

Restive areas closed off ahead of sensitive uprising anniversary

KANGDING, CHINA | Authorities closed the last window into a restive Tibetan region in western China on Monday, tightening its security cordon on the eve of the 50th anniversary of the failed uprising that sent the Dalai Lama into exile.

Beijing is trying to head off trouble around March 10, which marks the start of the 1959 abortive Tibetan revolt against Chinese rule. A peaceful commemoration last year by monks in Lhasa, Tibet's regional capital, erupted into anti-Chinese rioting four days later and spread to surrounding provinces — the most sustained and violent demonstrations by Tibetans in decades.

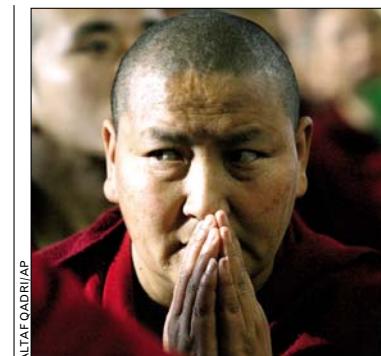
This year, chains of police checkpoints confront travelers to ethnically Tibetan areas — a quarter of Chinese territory that stretches from Tibet to parts of Qinghai, Sichuan and Gansu provinces. Convoys



Chinese paramilitary police on Monday patrol a street in Kangding, a town known for a strong Tibetan identity where violent anti-Chinese rioting occurred last year.

of armored vehicles and sandbagged sentry posts have turned the remote mountainous region into something of an armed camp. Police patrols have increased outside Buddhist monasteries.

Recent visitors to Lhasa have described armed police posted on rooftops. Local governments in Tibetan areas have ordered foreign tourists out, and foreign journalists have been detained and told to leave.



An exiled Tibetan Buddhist monk prays in Dharamsala, India, Monday.

Internet and text-messaging services, which helped spread word of last year's protests, have been unplugged in parts of the region.

"There won't be large-scale protests because the security situation in areas of Tibetan populations is very tight," said Dibyesh Anand, a Tibet expert at London's Westminster University. "Let's say there is a protest in a small town somewhere. How would we know? ... Even if there is a clampdown, we will not find out." AUDRA ANG (AP)

HEARSAY | CLARIFICATIONS



"In this case, I want to say there is no foul play. It was an accident that, unfortunately, took away her life."

—MORGAN TSVANGIRAI, ZIMBABWEAN PRIME MINISTER, MONDAY, ON THE CAR CRASH THAT KILLED HIS WIFE, SUSAN. ZIMBABWE'S HISTORY OF VIOLENCE BLAMED ON PRESIDENT ROBERT MUGABE'S FORCES FUELED SUSPICIONS THE CRASH WAS NOT ACCIDENTAL.

Gunmen Kill 6 in Mexican Region

ACAPULCO, MEXICO | Gunmen killed six people, including a local police chief, in a series of attacks Monday in mountain towns in the Pacific coast state of Guerrero.

The police chief of Pungarabato was repeatedly shot while driving his red Mustang on a highway near the town, the Guerrero state public

safety department said.

Five other men were found gunned down in different towns in the isolated mountainous zone known as the Tierra Caliente.

In the border city of Tijuana, soldiers detained 60 people at a party, including a suspected drug hit man accused of cutting up bodies. (AP)

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BABY BRIBE: Worried by its shrinking population, the Austrian village of Rappottenstein is giving free land to anyone who will start a family there, Agence France-Presse reported.

World

Study: Apes Plan Ahead

Chimp who stashed rocks to hurl at visitors shows grasp of future

STOCKHOLM | A canny chimpanzee who calmly collected a stash of rocks and then hurled them at zoo visitors in fits of rage has confirmed that apes can plan ahead just like humans, a Swedish study said Monday.

Santino the chimpanzee's anti-social behavior stunned both visitors and keepers at the Furuvik Zoo but fascinated researchers because it was so carefully prepared.

According to a report in the journal Current Biology, the 31-year-old alpha male started building his weapons cache in the morning before the zoo opened, collecting rocks and knocking out disks from boulders inside his enclosure. He waited until around midday before he unleashed a "hailstorm" of rocks against visitors, the study said.

"These observations convincingly show that our fellow apes do consider the future in a very complex way," said the author of the report, Lund University Ph.D. student Mathias



COURTESY FURUVIK ZOO

MASTER PLANNER: Santino, a 31-year-old male chimpanzee at the zoo in Furuvik, Sweden, was observed collecting rocks hours before throwing them at visitors.

MONKEY BUSINESS

- **Human targets:** Santino didn't attack the other apes in his enclosure, said the report's author, Mathias Osvath. His attacks were directed only at humans viewing the apes.
- **Poor aim:** Santino rarely hit visitors at the Furuvik Zoo, and nobody was seriously hurt when he did.

Osvath. "It implies that they have a highly developed consciousness, including lifelike mental simulations of potential events."

Osvath's findings were based on his own observations of Santino and interviews with senior caretakers who had followed the chimpanzee's behavior for 10 years at the zoo in Furuvik, about 93 miles north of Stockholm. MALIN RISING (AP)

Sudan Releases Key Opposition Leader From Jail

KHARTOUM, SUDAN | Sudan freed a senior opposition leader Monday who was jailed after urging the president to face war crimes charges, an apparent attempt to show unity as the country defies an international order to bring its leader to trial over bloodshed in Darfur.

Hassan Turabi, an Islamist who helped bring President Omar al-Bashir to power but now is his top rival, is the only Sudanese politician who has dared say al-Bashir should surrender to an international court. Turabi was jailed for seven weeks.

The government appears to be confident that freeing Turabi ensures his Popular National Congress Party will ultimately stand behind the president. (AP)

INDIA | VIBRANT CELEBRATION



AJIT SOLANKI/AP

COLORFUL CHARACTERS: Schoolchildren react after their faces were smeared with colored powder as they heralded the start of spring during the festival of Holi, a celebration of colors, in Ahmadabad, India, Monday.

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Local

Va. Bans Indoor Smoking

Law that prohibits lighting up in eateries, bars effective Dec. 1

RICHMOND | Gov. Timothy M. Kaine signed a bill Monday afternoon to prohibit smoking in many of the state's bars and restaurants.

Kaine joined state legislators, health advocates and business owners at Croc's 19th Street Bistro in Virginia Beach for the bill signing.

"I am extremely proud to have been a part of the coalition that made this day a reality, and I am thrilled to place my signature on this monumental step forward for public health in Virginia," Kaine said.

Starting Dec. 1, smoking will be banned in most restaurants and bars, although it would be permitted in private clubs, on some outdoor patios and in separate ventilated rooms.

Twenty-three other states and the District already have enacted prohibitions. Virginia will become the first state in the South to ban smoking in both restaurants and bars.



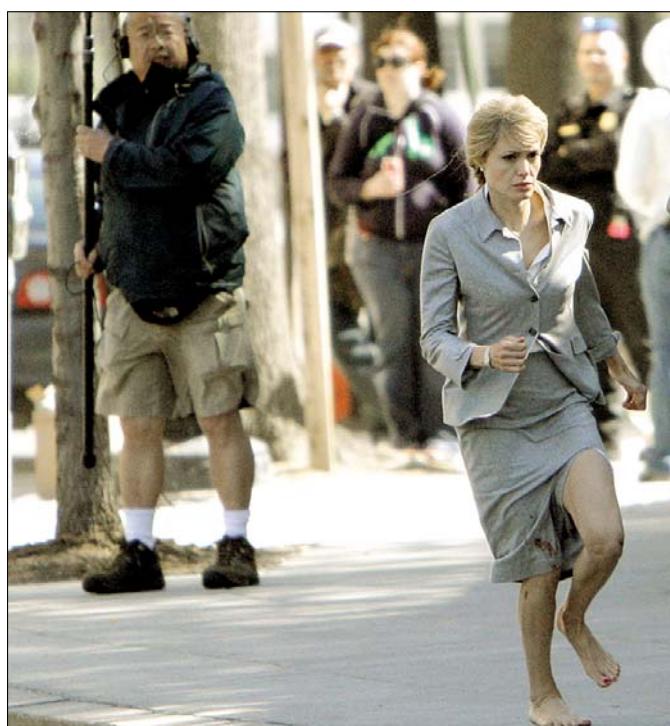
STEPHEN M. KATZ/THE VIRGINIAN-Pilot/AP
As legislators and medical professionals look on, Virginia Gov. Tim Kaine signs into law a ban on smoking in most bars and restaurants across the state Monday.

The General Assembly overwhelmingly passed the bill last month during its annual legislative session.

Kaine and others had pushed for a prohibition for years. But its passage never seemed likely given that the state is home to thousands of tobacco farms and the world's largest cigarette manufacturer.

Kaine and House Speaker William J. Howell, R-Stafford, spent weeks behind closed doors negotiating the unexpected compromise. The deal represented a rare moment of bipartisan cooperation between the state's two most powerful leaders. Health advocates also declared it a victory. ANITA KUMAR (THE WASHINGTON POST)

WASHINGTON | JOLIE FILMS MOVIE DOWNTOWN



ALEX BRANDON/AP

BUSINESS TRIP: Actress Angelina Jolie runs across a street during the filming of the movie "Salt" in Washington on Monday. The film crew has been in town since Thursday shooting the spy thriller expected in theaters in 2010.

The Lotteries

Monday, March 9

DISTRICT

Mid-day Lucky Numbers	9-8-8
Evening Lucky Numbers (Sun.)	7-0-5
Mid-day DC 4	2-9-4-7
Evening DC 4 (Sun.)	0-5-5-2
Rolling Cash Five (Sun.)	2-17-22-31-32
Daily 6 (Sun.)	6-10-16-22-26-30 Bonus: 33

MARYLAND

Mid-day Pick 3	5-1-7
Evening Pick 3	0-2-6
Mid-day Pick 4	5-1-5-4
Evening Pick 4	3-7-7-0
Match 5	24-25-32-33-38 Bonus: 12

VIRGINIA

Mid-day Pick 3	8-2-9
Evening Pick 3 (Sun.)	5-8-1
Mid-day Pick 4	3-7-5-2
Evening Pick 4 (Sun.)	5-9-3-6
Mid-day Cash 5	8-12-17-27-31
Evening Cash 5 (Sun.)	4-7-8-16-33

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Money

Market Lags for Obama

Stocks turn in worst performance in history for new U.S. president

NEW YORK | The election of President Obama offered the promise of a new set of fixes for the financial crisis and the economy, a do-over that might help nurse the stock market back to health.

Since then, the market hasn't just gotten worse — it's turned in its worst performance ever for a new president.

The Dow Jones industrial average has fallen 21 percent during Obama's first seven weeks in office. Count back to Election Day and the results are even bleaker: That day, the Dow closed at 9,625. Now, it stands at 6,547, a loss of 32 percent.

Is this the Obama bear market? Or hangover from the Bush administration?

Some investors blame the slow crash on Wall Street's disappointment with the government's \$787 billion stimulus plan and its seemingly endless bailouts.

Others say Obama inherited a recession destined to become the worst since World War II.



Traders work on the floor of the New York Stock Exchange on Monday. Stockholders have lost \$1.4 trillion during President Obama's very young administration.

“Investors are waiting to see some results from these grand plans, and they don't see them yet.”

HUGH JOHNSON,
JOHNSON ILLINGTON ADVISORS

Either way, Wall Street hasn't rolled out a welcome mat for him. Stockholders have lost \$1.4 trillion during his administration.

“There's not much evidence that anything is working,” said Hugh Johnson, chairman and chief investment officer of Johnson Illington Advisors. “Investors are waiting to see some results from these grand plans, and they don't see them yet.”

MADLEN READ (AP)

Union Workers At Ford Approve Contract Changes

DETROIT | Unionized workers at Ford Motor Co. have approved contract changes that include freezing wages and cutting benefits in a move aimed at helping the automaker remain competitive.

The United Auto Workers said Monday a majority of hourly workers voted in favor of modifications to the 2007 contract with Ford, eliminating cost-of-living increases and cash bonuses.

The UAW said 59 percent of production workers and 58 percent of skilled-trades workers voted for the concessions.

The ratified deal also ends the controversial jobs bank program that let workers collect most of their pay from the company. (AP)

Drugmaker Merck Buys Schering-Plough

Pharmaceutical giants reach a \$41.1B deal to combine companies

TRENTON, N.J. | Merck & Co. is buying Schering-Plough Corp. for \$41.1 billion in a deal that gives Merck key new businesses, access to a promising pipeline of new products and the chance to further cut costs, including eliminating about 16,000 jobs.

Merck hopes the cash-and-stock deal helps it better compete in a drug industry facing slumping sales, tough generic competition and intense pricing pressures.

The deal announced Monday would unite the maker of asthma

drug Singulair with the maker of allergy medicine Nasolox, and form the world's second-largest prescription drugmaker. Merck and Schering are already partners in a pair of popular cholesterol fighters, Vytorin and Zetia, although concerns about safety and effectiveness have hurt sales.

Merck is a top maker of pills and vaccines, and acquiring Schering-Plough will add strength in the prized area of biologic drugs, which are made from living cells. It will also give Merck one of the world's biggest animal health businesses and a sizable consumer health division that includes products such as allergy pill Claritin and Dr. Scholl's foot products. LINDA A. JOHNSON (AP)

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Sports



FULL CIRCLE: The North Carolina Tar Heels (27-3), who were an unanimous No. 1 pick in the preseason poll and for the first seven weeks of the season, moved up one place to reclaim the top spot after beating Duke on Sunday to win the ACC regular-season title.

The Hoyas' Last Chance to Dance

A disappointing year yields 12th seed in the Big East tournament

HOYAS HOOPS | Each year, Georgetown coach John Thompson III says the basketball season can be broken down into three parts: the regular season, the Big East tournament and, if all goes according to plan, the postseason.

For the first time since Thompson arrived on the Hilltop, part three is in question for the Hoyas.

The two-time defending Big East champions — ranked in the top 10 two months ago — begin play as the 12th seed in the expanded league tournament Tuesday. To reach the NCAA tournament, the Hoyas need to assemble an improbable five-game winning streak.

The alternative: a possible spot in the NIT.

How did it get this way for a team that went to the Final Four

“We can’t go into part two worried about part one.”

JOHN THOMPSON III, HOYAS COACH

two seasons ago and had reached the Big Dance in three consecutive seasons?

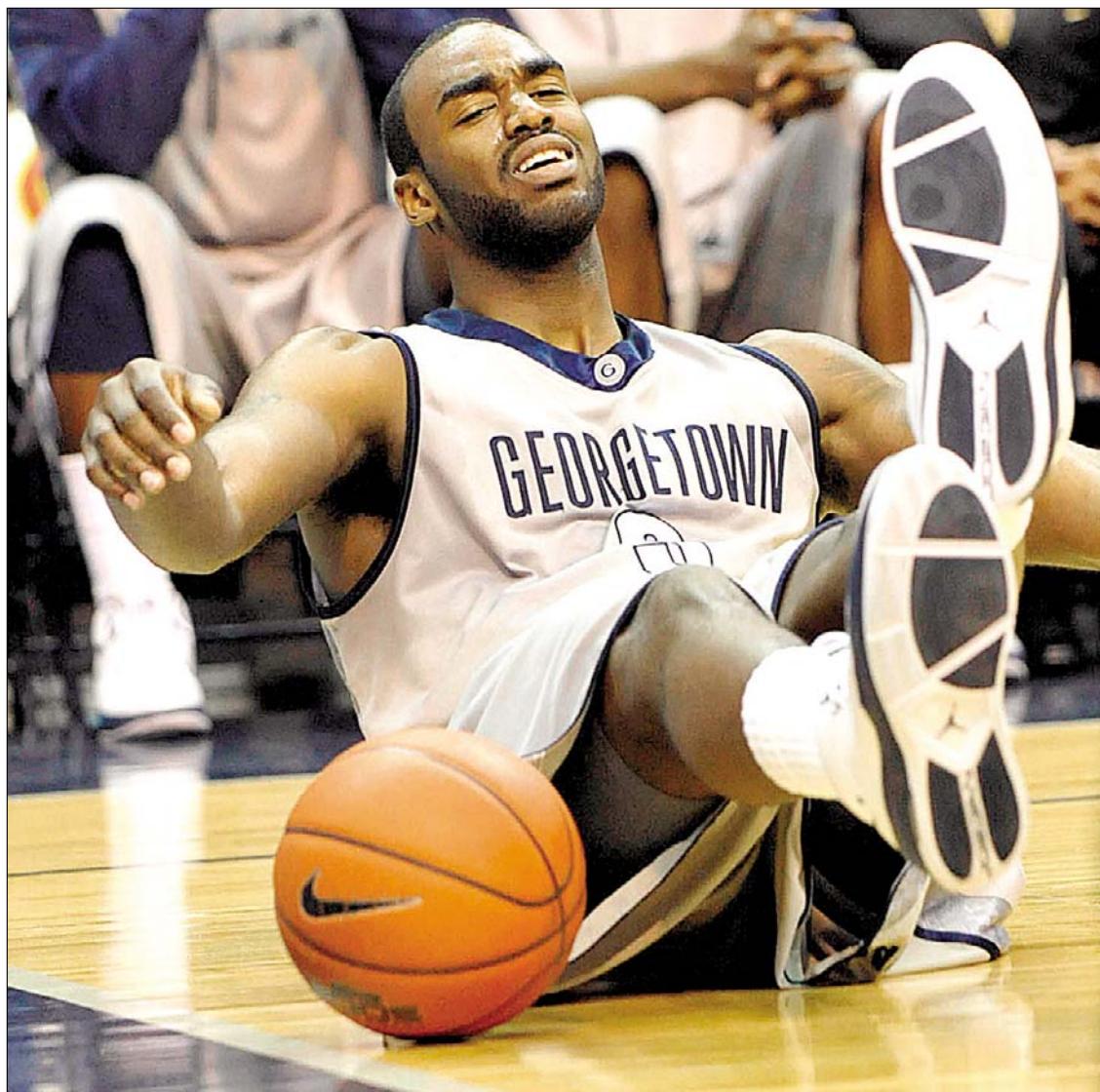
“Youth caught up to them,” theorized DePaul coach Jerry Wainwright after his Blue Demons lost 48-40 to the Hoyas in Saturday’s regular-season finale.

Georgetown’s refigured starting lineup includes no seniors — and three sophomores and likely Big East rookie of the year, freshman Greg Monroe.

Big wins over Memphis, Connecticut and Syracuse are distant memories for a group who never won more than two-straight games in league play.

If you listen to the team, though, so are all those disappointing losses, including last week’s overtime defeat at St. John’s — Georgetown’s (16-13, 7-11) opponent on Tuesday at Madison Square Garden.

“If we look at where we are, we



JONATHAN NEWTON/TWP

DOWNTURN: Junior DaJuan Summers helped lead Georgetown to consecutive regular-season titles in his first years with the Hoyas. This year, though, has been a different story. The Hoyas need five consecutive wins to reach the NCAA tournament.

Georgetown's long road | The Hoyas need five wins to reach the Big Dance

1st round

Tuesday



No. 13 St. John's
Defeated Hoyas
last week in N.Y.

2nd round

Wednesday



No. 5 Marquette
Has lost four-
straight games.

Quarterfinals

Thursday



No. 4 Villanova
Hoyas won in
Philly, 56-54.

Semifinals

Friday



No. 1 Louisville is
the mostly likely
opponent.

Championship

Saturday



No. 2 Pittsburgh
or No. 3 UConn
may emerge here.

THE HOYAS FACE A BIGGER BIG EAST

16 TEAMS

will participate in this week's tourney for the first time since the league expanded in 2005. Previously, the top 12 made it.

12TH

The Hoyas' seed: they would have just made the field after reaching the final two straight years and winning it in 2007.

wish we had a few more wins in there, but it is what it is,” Thompson said when asked to evaluate part one of the season. “We can’t go into part two [the league tournament] worried about part one. We know what we have to do.”

MATT SWENSON (EXPRESS)

Swengali

COLLEGE HOOPS | BY MATT SWENSON

Bubble Bursts For Hoyas, Terps

A REPORTER ON Saturday lamented that Georgetown had blown a golden opportunity earlier last week by losing at St. John’s.

The reasoning: An 8-10 record in the Big East, the toughest schedule in the nation and a couple wins in the league tournament may have been enough to sneak into the NCAA tournament.

While that theory may be full of holes, we'll never know for certain. The Hoyas haven't lived up to the promise they showed in wins over Connecticut and Memphis, and continue to live down to the worst of their flaws. They have no place in the Big Dance. Be it karma or something far less mystical, the loss last week just cemented that.

Full of talent though it may be, Georgetown isn't very good.

At this point in the year, a team's identity is set. Full of talent though it may be, Georgetown isn't very good.

Neither is Maryland, for that matter. At least the Terrapins' regular-season finale mattered. Yet, for the second-straight year, a loss to Virginia in a must-win game seems to have sealed the squad's fate.

Just like the Hoyas, the Terps own big wins — theirs coming against Michigan State and North Carolina. But if you look at the season as a whole, Maryland deserves to miss the NCAA tournament.

If either the Hoyas or Terps were what we had hoped they'd be, there would be no March sadness. But Georgetown wasn't good enough to beat St. John's, and Maryland couldn't stand up to Virginia.

Maybe their paths will cross in the NIT, where they both belong.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

5

The number of players the Boston Celtics will be without during Wednesday's game against the Miami Heat. Rajon Rondo and Glen Davis both sprained their right ankles over the weekend.

Sports

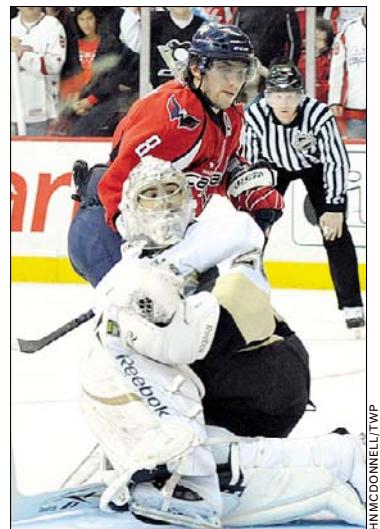
Caps Seek Return to Form

Slumping Washington sees improvement as skid reaches 4 games

CAPITALS | Even though he refused to call Sunday's 4-3 defeat to the Pittsburgh Penguins an actual loss since it was decided by shootout, it got Washington Capitals coach Bruce Boudreau thinking that night about when he last suffered through a four-game losing streak.

It turns out this current skid is the first one during his tenure with the Caps, and he never endured a winless streak of this length during his successful stint at Hershey. In fact, it was five years ago — when Boudreau coached the AHL's Manchester Monarchs — that he last went this long between victories.

"It's been awhile, and I don't like it," he said. "The good news is I think we're getting better ... but until we win a couple in a row, you can't officially say we're out of our little funk."



Pens goalie Marc-Andre Fleury stops the Capitals' Alex Ovechkin on Sunday.

To reverse course after a rough home stand (3-5-1 record in last nine games at the Verizon Center), the Caps will take their somewhat struggling show on the road. Beginning with Tuesday's contest with Nashville, the Caps play seven of

their next eight games outside the District.

Even with their recent struggles at home, the Caps still have a gaudy 25-9-2 record at Verizon Center. Their great success, though,

“You can't officially say we're out of our little funk.”

BRUCE BOUDREAU, CAPS COACH

may be what's holding them back of late. Boudreau has commented that some of his players have been stressing a bit too much and "holding our sticks really tight."

"We love playing in front of our fans, but at the same time we weren't performing," explained forward Eric Fehr. "We don't have to be quite as fancy on the road; we don't have to feel like we have to put on a show for the fans." MARK GIANNOTTO

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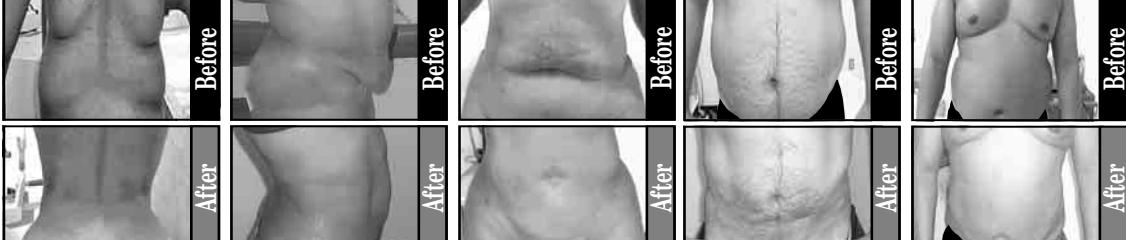
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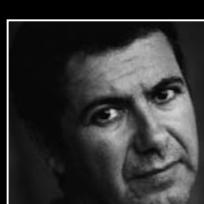
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Sports



South Korean first baseman Kim Tae-kyun, right, is tagged out by Japanese shortstop Hiroyuki Nakajima at third base during a pickoff play in the fourth inning.

South Korea Tops Japan in Tourney

World Baseball Classic defending champion falls in pool play, 1-0

WORLD BASEBALL CLASSIC | Kim

Tae-kyun drove in the only run Monday to help South Korea beat defending champion Japan, 1-0, and finish first in Pool A of the World Baseball Classic.

Both teams had already advanced to the second round, and Monday's game was meant to determine the seedings. Japan will face the Pool B winner in the second round; South Korea takes on the Pool B runner-up in its first game March 15.

Japan beat South Korea 14-2

Saturday but couldn't come up with timely hits after Kim gave his team a 1-0 lead in the fourth inning on a grounder down the third base line, scoring Lee Jong-wook from second.

"Japan beat us in the first game, so it was nice to come back and get the win in this game," Kim said. "Japan's pitchers have a tendency to pitch inside. I just kept that in mind and was pleased to get a big hit."

South Korea starter Bong Jung-keun held Japan to three hits over 5 1/3 scoreless innings to pick up the win. Japan starter Hisashi Iwakuma, a 21-game winner last season for the Rakuten Eagles, gave up one run on two hits over 5 1/3 innings and took the loss. (AP)

TODAY'S TV LINEUP

CAPITALS (8 P.M. ON CSN) The Capitals carry a four-game losing streak into a road trip that begins at Nashville.

ORIOLES (1 P.M. ON MASN) The O's face the Red Sox in the Grapefruit League.

BASEBALL (5 P.M. ON ESPN2) Venezuela will play either Canada or Italy in the World Baseball Classic in Toronto.

MEN'S COLLEGE HOOPS (8 P.M. AND 10 P.M. ON ESPN2, 9 P.M. ON ESPN) The Summit League and Sun Belt Conference champion-

ships; Butler faces Cleveland State in the Horizon League final.

WOMEN'S COLLEGE HOOPS (7 P.M. ON ESPN) The Big East championship.

SOCER (3:30 P.M. ON ESPN, 6 P.M. ON ESPN CLASSIC) Liverpool hosts Real Madrid, and Chelsea visits Juventus in the Champions League's first knockout round.

MORE NHL (7 P.M. ON VERSUS) The Philadelphia Flyers host the Buffalo Sabres.



HIDDEN AFFAIR: A forthcoming movie starring Hugh Grant and Sarah Jessica Parker has been given a title. The romantic comedy about a couple who enter the witness protection program will be called "Did You Hear About the Morgans?"

Entertainment

Re: Packaging

Jesse McCartney releases a bonus edition to lure fans

POP | Jesse McCartney's latest single poses the question, "How Do You Sleep?" Given the singer-songwriter's busy schedule, it would seem he isn't getting much of that these days.

Having recently filmed a five-episode arc on ABC Family's "Greek," the artist is crisscrossing the country on a major-market club tour. On April 7, a bonus edition of McCartney's 2008 album, "Departure," will be released.

Sporting a new cover and different artwork, "Departure: Recharged" also includes four new tracks co-written by McCartney: "Body Language," "Oxygen," "In My Veins" and "Crash and Burn." Selling for the same \$18.98 price as its predecessor, the 16-track bonus edition is racking up strong pre-release buzz, thanks to the "How Do You Sleep?" remix featuring Ludacris. The track advances this week 22-21 on the Mainstream Top 40 chart and 39-37 on the Billboard Hot 100.

Marking McCartney's first foray into contemporary R&B, the original "Departure" sported production by such R&B/pop hit heavyweights as Christopher "Tricky"



BABY-SMOOTH: Clean-shaven McCartney channels a younger Michael Bublé.

RICHARD DREW/WIREIMAGE

Stewart, Terius "the-Dream" Nash and Sean Garrett. Although the album spun off McCartney's first Top-10 hit, "Leavin'" (which has sold 1.6 million downloads, according to Nielsen SoundScan), the album didn't fare as well. To date, it has sold only 175,000 units.

The album spun off McCartney's first Top-10 hit, "Leavin'."



BBC
LAB BRAT: At 26, Matt Smith is the youngest actor yet to tackle Dr. Who.

The New Dr. Who Is Here

The popular U.K. series announces its 11th leading man

TELLY | With more than 750 episodes aired, "Doctor Who" holds the record for the "longest-running science-fiction show," according to Guinness World Records. The character never has been more popular in his native England or in the U.S. than in the past few years.

But that's part of the problem confronting the show: David Tenant, the 10th actor to occupy the role of the time traveler, has moved on, and some fans are grieving. Tenant will be replaced by Matt Smith, an unknown actor and, at age 26, the youngest to be trusted with the Doctor's time machine.

Through the years, the Doctor has changed far more in basic appearance than other pop-culture characters such as James Bond. The reason is an ingenious plot mechanism: The Doctor has the power to regenerate as a new person, which spares him from the mundane problem of human mortality and gives writers the periodic opportunity to reimagine their hero.

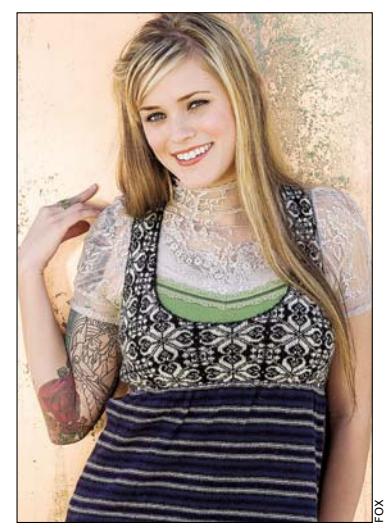
"That's the beauty of the series," said James Madison, a longtime fan. "Change is a part of it." MICHELLE CASTILLO (LOS ANGELES TIMES)

'Idol's' Queen of Quirk

Megan Joy Corkrey's lilting voice, wiggling rump draw a crowd

CHARACTERS | Last Thursday's "American Idol" wild-card show brought a blast of fresh oxygen to the hopes of Megan Joy Corkrey, the hippie gal who brings a gleam to the eye of judge Simon Cowell.

Corkrey was booted during the second week of top-36 performances, after her rendition of Corinne



Tattooed folkie Megan Joy Corkrey's known for an odd kind of booty-shakin'.

Bailey Ray's "Put Your Records On" failed to catch fire with fans.

On Thursday, Corkrey was among the group returned to the stage by Cowell and his three fellow judges. Corkrey made it to the next round after she sang "Black Horse & the Cherry Tree" by KT Tunstall, a song that more adroitly showed off her unusual sound.

Also a bit weird: Corkrey's trademark Donald-Duckish dance move, in which she puts her hands on her hips and wriggles her behind. It's

express nightout

Get recaps of past "Idol" shows anytime and reviews of this week's performances by Megan Joy Corkrey and her cohorts on Wednesday and Thursday. | [ONLINE NOW](#)

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strange to see from a grown woman, but it adds to her offbeat charm. See for yourself when "Idol" airs at 8 tonight on FOX. GREG BARBER (EXPRESS)

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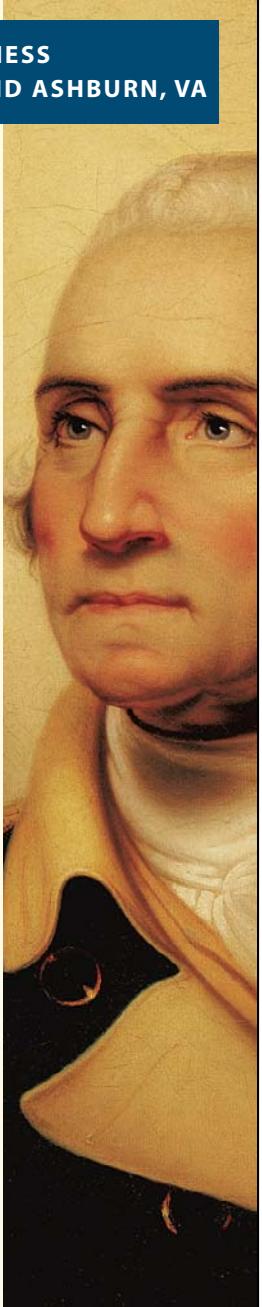
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WATCHMEN (R) 1:45, 3:15, 4:00, 5:30, 7:00, 7:45, 9:15

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 1:35, 4:15,

6:45, 9:20

FIRE UP (PG13) 2:55, 7:40

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 1:00, 2:35, 3:45,

5:15, 6:30, 7:15, 8:15, 9:30, 10:00

CONFESSIONS OF A SHOPAHOLIC (PG) 2:00, 4:30, 7:10, 9:50

FRIDAY THE 13TH (2009) (R) 2:45, 5:20, 8:05

THE INTERNATIONAL (R) 1:05, 4:05, 6:50, 9:40

THE INTERNATIONAL (R) 1:05, 4:05, 6:50, 9:40

CORALINE (PG) 3:35, 6:20 **NOT AVAILABLE FOR THESE SHOWTIMES**

HE'S JUST NOT THAT INTO YOU (PG13) 1:30, 4:35, 7:50

THE PINK PANTHER 2 (PG) 1:45, 4:25

PUSH (PG13) 1:40, 2:20, 7:05, 8:45

TAKEN (PG13) 2:40, 5:05, 7:35, 10:05

UNDERWORLD: RISE OF THE LYCANS (R) 7:25, 9:55

HOTEL FOR DOGS (PG) 2:10, 4:40

PAUL BLART: MALL COP (PG) 3:05, 5:35, 7:55, 10:15

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 9:00 PM

AMC SELECT

ECHOLN CONSPIRACY (PG13) 5:10, 10:10

SLUMDOG MILLIONAIRE (R) 1:10, 4:10, 7:05, 10:05

GRAN TORINO (R) 1:55

THE READER (R) 3:00, 6:10, 9:05

AMC POTOMAC MILLS 18

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**IMAX WATCHMEN: THE IMAX
EXPERIENCE (R)** ✓

2:30, 6:15, 9:55

DIGITAL 3D

**JONAS BROTHERS: THE 3D CONCERT
EXPERIENCE (G)** 2:45, 5:00, 7:15, 9:30

WATCHMEN (R) ✓ 1:25, 1:15, 3:15, 4:10, 4:55, 7:00, 7:45, 8:30

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 2:40, 5:05,

7:40, 10:10

FIRE UP (PG13) 8:10, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 1:30, 2:15, 4:15,

4:50, 6:30, 7:30, 9:20, 10:00

CONFessions of a Shopaholic (PG) 2:35, 5:10, 7:55, 10:30

FRIDAY THE 13TH (2009) (R) 8:00, 10:20

THE INTERNATIONAL (R) 1:20, 4:20, 7:25, 10:30

CORALINE (PG) 1:45, 3:10, 5:35, 8:00

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:25, 4:35, 7:15, 9:45

THE PINK PANTHER 2 (PG) 1:00, 3:20, 5:45, 7:20, 9:55

PUSH (PG13) 9:25 PM

TAKEN (PG13) 1:20, 4:25, 7:20, 9:55

PAUL BLART: MALL COP (PG) 1:25, 5:20, 7:50, 10:10

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:10, 4:05, 7:10, 10:05

GRAN TORINO (R) 2:25, 5:15, 8:15

THE READER (R) 2:25, 5:15, 8:15

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 3:10, 5:30,

8:00

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:30, 5:10, 7:40

CONFessions of a Shopaholic (PG) 2:40, 5:10, 7:30

THE INTERNATIONAL (R) 2:00, 4:50, 7:50

CORALINE (PG) 2:10, 4:30, 6:50

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 4:20, 7:20

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 3:30, 7:00

AMC SELECT

THE READER (R) 4:10, 7:10

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo

WATCHMEN (R) 1:30, 3:30, 4:15, 7:00, 8:00, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 12:15, 1:05, 1:35,

2:05, 3:05, 4:05, 5:35, 6:05, 7:05, 7:35, 8:35, 9:05, 10:05

FRIDAY THE 13TH (2009) (R) 12:10, 2:25, 4:55, 7:25, 9:55

CORALINE (PG) 1:25, 4:25, 7:25, 9:50

3D NOT AVAILABLE FOR THESE SHOWTIMES

PUSH (PG13) 1:10, 4:10, 7:10, 10:10

TAKEN (PG13) 1:20, 4:20, 5:10, 7:40, 10:15

PAUL BLART: MALL COP (PG) 12:05, 2:30, 5:00, 7:30, 10:00

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:20, 7:15, 10:15

GRAN TORINO (R) 2:05, 4:45, 7:40, 10:40

THE READER (R) 1:25, 4:10, 7:15, 10:00

LOEWS SHIRLINGTON 7

2772 South Randolph

AMC SELECT

THE CLASS (PG13) 1:50, 4:40, 7:30

MILK (R) 1:40, 4:25, 7:20

REVOLUTIONARY ROAD (R) 12:05, 5:25

SLUMDOG MILLIONAIRE (R) 1:25, 2:25, 5:35, 8:15

THE WRESTLER (R) 12:30, 3:00, 5:30, 8:00

THE READER (R) 1:25, 4:20, 7:15

DOUBT (PG13) 2:05, 4:35, 7:05

RACHEL GETTING MARRIED (R) 2:45, 8:05

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 4:00, 7:35

AMC SELECT

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.

WATCHMEN (R) 1:00, 4:30, 8:00

CONFessions of a Shopaholic (PG) 2:15, 4:55, 7:40

THE INTERNATIONAL (R) 7:35

HE'S JUST NOT THAT INTO YOU (PG13) 1:55, 4:45

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:50, 4:40, 7:25, 10:25

THE READER (R) 2:05, 4:40, 7:20, 7:25

LOEWS WHITE FLINT 5

North Bethesda

WATCHMEN (R) 1:00, 4:30, 8:00



AROUND THE WORLD: U2 is hitting the road. The band announced that it will play multiple dates in Europe over the summer and then head to North America in the fall. The first stop on that leg of the tour is scheduled for Sept. 12 in Chicago.

Entertainment

Peyroux's Something Borrowed

A jazz singer channels Billie Holiday for an ear-pleasing result

MUSIC | I first heard Madeleine Peyroux in a tiny restaurant in rural Maine; upon asking one of the staff who it was on the stereo, I was met with this response: "It's either Billie Holiday ... or it's that woman who sounds just like Billie Holiday."

That comparison still holds true — and, hopefully, always will. Not because Peyroux always hits her mark — she certainly doesn't — but because it would be a shame for her to abandon a niche that works so

well with her voice. "Instead," the opening track of Peyroux's new CD, "Bare Bones" (Rounder), is especially captivating, with her lilting voice channeling an old-timey jazz-lounge singer.

The song is classic Peyroux in style, and yet "Bare Bones" is not a completely typical Peyroux album.

Instead of devoting herself to her usual task of song reinterpretation, Peyroux has songwriting credits on every track here. Even with an experienced team of co-writers, she still has her share of cringe-worthy lyrics ("My heart is like a hand-me-down made soft by older brothers" on "Damn the Cir-



SOMETHING NEW: Peyroux's "Bare Bones" includes many original compositions.

cumstances"), but that's not too surprising for an album that contains more originals than her previous three releases combined.

It's an interesting choice for her to change course more than a decade into her career — but "Bones" as an album is no more or less successful than her previous works. The difference, though, is that these songs succeed or fail based on their own sound, not in comparison to an original recording.

Not every song here rises above the merely pleasant, but Peyroux does unveil a few standouts. "River of Tears" is a stunning breakup song. The folksy "Somethin' Grand" shows more vocal range than Peyroux typically does, while the haunting "Love and Treachery" is a perfect match for her smoky voice.

CATHERINE LEWIS

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(1115 1200 1245 130 245 330 415 500) 615 700 745 830 945 1030

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PRICING (G) ★

1145 200 430 645 900

SLUMDOG MILLIONAIRE (R) - ID REQ'D

(1215 315 610 930)

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13)

(130 200 440) 730 1000

TAKEN (PG-13)

(250 515 PM) 800 PM

OC & DA: TAKEN (PG-13)

(1225 100) 1020 PM

CORALINE (PG)

(1230 320) 600 845

HE'S JUST NOT THAT INTO YOU (PG-13)

(100 400) 710 1010

PAUL BLART MALL COP (PG)

(1100 115 345) 600 815 1045

THE PINK PANTHER 2 (PG)

(1120 145 405) 640

FIRE UP (PG-13)

(230 445) 720 935

THE INTERNATIONAL (R) - ID REQ'D

(1140 AM)

CONFESSONS OF A SHOPAHOLIC (PG)

915 PM

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WATCHMEN (R) - ID REQ'D ★

(1230 100 230 330 400 430) 600 700 730 800 930 1030

STREET FIGHTER: THE LEGEND OF CHUN-L (PG-13)

(240 500) 740 1040

SLUMDOG MILLIONAIRE (R) - ID REQ'D

(130 420) 715 1000

FIRE UP (PG-13)

(220 450) 1020

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13)

(200 445) 745 1015

CONFESSONS OF A SHOPAHOLIC (PG)

(210 440) 720 1010

CORALINE (PG)

(140 410) 640 915

THE PINK PANTHER 2 (PG)

(150 415) 630 900

HE'S JUST NOT THAT INTO YOU (PG-13)

(1250 350) 650 940

TAKEN (PG-13)

(215 PM) 815 PM

OC & DA: TAKEN (PG-13)

(510 PM) 1045 PM

PAUL BLART MALL COP (PG)

(120 345) 645 945

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9161 Commerce Ctr Dr 800-FANDANGO 570#

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Adv. Tix on Sale DUPPLICITY

WATCHMEN (R) - ID REQ'D ★

(1230 100 300 330 400 430) 630 700 730 800 1000 1030

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13)

(140 245 415 515) 645 745 915 1015

THE INTERNATIONAL (R) - ID REQ'D

(130 500) 750 1035

CONFESSONS OF A SHOPAHOLIC (PG)

(155 PM) 640 1030

CORALINE (PG)

(145 410) 650 920

THE PINK PANTHER 2 (PG)

(425 PM) 930 PM

HE'S JUST NOT THAT INTO YOU (PG-13)

(1235 340) 710 1005

TAKEN (PG-13)

(1250 310 530) 815 1040

PAUL BLART MALL COP (PG)

(150 405) 625 900

THE READER (R) - ID REQ'D

(115 445) 740 1025

OC & DA: SLUMDOG MILLIONAIRE (R) - ID REQ'D

(345 PM) 1010 PM

SLUMDOG MILLIONAIRE (R) - ID REQ'D

(1240 PM) 715 900

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WATCHMEN (R) - ID REQ'D ★

(1130 1200 1230 120 300 330 400 445) 630 700 730 810 1000 1030

RW & DA: WATCHMEN (R) - ID REQ'D ★

(230 PM) 600 930 PM

STREET FIGHTER: THE LEGEND OF CHUN-L (PG-13)

(1225 245 505) 750 1025

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT

PRICING (G) ★

(100 255 500) 710 910

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13)

(1215 135 250 420 530) 645 815 920 1055

FIRE UP (PG-13)

(104 PM) 1040 PM

THE PINK PANTHER 2 (PG)

(830 PM) 1045 PM

HE'S JUST NOT THAT INTO YOU (PG-13)

(1210 235 455) 725 1005

TAKEN (PG-13)

(125 340) 610 825

PAUL BLART MALL COP (PG)

(1245 345) 615 835

THE READER (R) - ID REQ'D

(104 410) 700 1020

THE PINK PANTHER 2 (PG)

(1225 345) 615 835

HE'S JUST NOT THAT INTO YOU (PG-13)

(1225 345) 615 835

TAKEN (PG-13)

(104 410) 700 1020

PAUL BLART MALL COP (PG)

(1245 345) 615 835

THE READER (R) - ID REQ'D

(104 410) 700 1020

THE PINK PANTHER 2 (PG)

(1225 345) 615 835

HE'S JUST NOT THAT INTO YOU (PG-13)

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TAKEN (PG-13)

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PAUL BLART MALL COP (PG)

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THE READER (R) - ID REQ'D

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THE READER (R) - ID REQ'D

(104 410) 700 1020

THE PINK PANTHER 2 (PG)

(1225 345) 615 835

HE'S JUST NOT THAT INTO YOU (PG-13)

(1225 345) 615 835

TAKEN (PG-13)

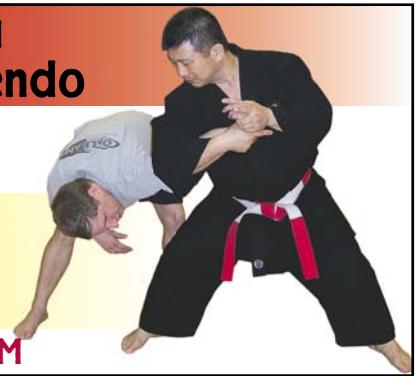
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Entertainment



Kathryn Erbe and Vincent D'Onofrio star in "Law & Order: Criminal Intent."

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My Fair 'Law & Order'

A staple of American
TV programming
hops across the pond

TELLY | Pitted against edgy procedurals, trendy reality shows or ensemble dramas, NBC's "Law & Order" for nearly 20 years has persevered as one of TV's most recognizable and durable brands. And if it lasts a few more seasons, the hybrid cop-and-lawyer series would eclipse "Gunsmoke" as television's longest-running drama.

But even as the franchise remains a popular draw for viewers — the so-called mother ship, along with its two satellite series, "Law & Order: Criminal Intent" and "Law & Order: Special Victims Unit," air as many as 90 times a week between first-run episodes and repeats in syndication — "Law & Order" is facing a new trial across the Atlantic, where it is being judged by a new jury: the British television audience.

Swimming against the flood of recent British imports to American television — "The Office," "Life on Mars," "American Idol" and "Dancing With the Stars," to name a few — "Law & Order" becomes the first American drama to be adapted for British television. The remake ver-

sion premiered late last month.

Working from scripts already produced for the American show, the British one, with its local cast and crew, has been reworded and reworked to reflect the sensibilities of its new home. With its thick accents and courtroom wigs, you might call it "My Fair Law & Order."

"I wanted to demonstrate that

The show has been reworked to reflect the sensibilities of its new home.

no matter what the system of justice is, 'Law & Order' works," said the franchise's creator, Dick Wolf. "The biggest difference is that there's not as much plea bargaining there as there is here."

It's not the first time that "Law & Order" has been refashioned for a European audience. Two years ago, Wolf expanded the brand to France for "Criminal Intent," and to Russia for "Criminal Intent" and "Special Victims Unit."

And the Anglicized version of "Law & Order" — co-produced by London-based Kudos Film and Television, Wolf Films and NBC Universal — was green-lighted even though its American inspiration has been broadcast for years on British TV.

"I love it because it feels the same," said Wolf. "But yet it's totally different." GREG BRAXTON
(LOS ANGELES TIMES)



FROM BRONX TO L.A.: Ashlee Simpson-Wentz is moving into "Melrose Place." The singer-actress has been added to the cast of the CW's "Melrose" update. Her return to television comes seven years after she landed a role on the WB's "7th Heaven."

Television

ON TV TONIGHT

LIL WOMAN, BIG VOICE

The 13 finalists (Lil Rounds and 12 lesser talents) take another bow on **AMERICAN IDOL** (8 p.m., Fox).

THE BADGES BADGER

Insecurity in Chicago on **HOMELAND SECURITY: USA** (8 p.m., ABC).

CRACKED QUACK

A predator doctor turns the tables on the police on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

STILL MISSING

INDEPENDENT LENS (10 p.m., PBS) presents "Abduction: The Megumi Yokota Story," recalling the 1977 kidnapping of a Japanese schoolgirl by North Korean agents.

MAY YOU BE IN HEAVEN ...

A burglary of a family business takes on tragic dimensions in director Sidney Lumet's excellent 2007 drama, **BEFORE THE DEVIL KNOWS YOU'RE DEAD** (10 p.m., TMC), starring Philip Seymour Hoffman and Ethan Hawke.



EZ PASS: Memphis, Tenn.'s Lil Rounds has a ticket and voice to ride on "Idol."

A DIFFERENT SHE

Jay Leno hosts Keyshia Cole on **THE TONIGHT SHOW** (11:35 p.m., NBC).

BRITISH TASTE

Gordon Ramsey cooks for Craig Ferguson on **THE LATE, LATE SHOW** (8 p.m., ABC). KEVIN MCDONOUGH (UNITED FEATURES SYNDICATE)

Playing Up Their Piercings

A Sci Fi series injects the gamer image with a hefty dose of cool

CONSOLE | We're always being told that video games and social-network sites pose a grave threat to TV entertainment. They steal away younger viewers and occupy their time with interactive activities when they should be staring passively at the old box. That said, it's interesting how little these addictive pastimes are reflected on TV dramas and comedies or even reality fare. It's as though TV creators believe that if you ignore these competitive mediums, they will go away.

This changes ever so slightly with "WCG: Ultimate Gamer" (10 p.m., Sci Fi), a reality show/competition series that pits 12 successful gam-



dispel the unfair, if popular, notion of the gamer as the overweight social outcast wearing a stained and greasy T-shirt and subsisting on stale pizza in the dank confines of his mother's basement. It's a young, and for the most part, attractive group of men and women who populate "Ultimate Gamer." Piercings and tattoos abound, and at least one player sports contact lenses that give his pupils an otherworldly glow. Hey, it's the Sci Fi Channel.

The debut show is dedicated to a "Guitar Hero" competition. But before the stylish dozen play the actual (or is that the virtual?) game, they must form teams and play in a "real" rock band. The band The Donnas arrive to preside as judges. KEVIN MCDONOUGH (UNITED FEATURES SYNDICATE)

The not-so-nerdy Mark Smith prepares to battle for the title of Ultimate Gamer.

ers against each other in challenges that unfold on both the console and in the real world.

The show is clearly intended to

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Snakes, off the Chain

A hardcore band grows up, but its live concerts still rock

MUSIC | These Arms Are Snakes have built a loyal following for not only their cathartic, aggressive post-hardcore recordings but also for live shows that match the energy hit-for-hit.

"I think our music is just a little rambunctious in nature; it kind of lends itself to the live show where it's a little bit crazy all the time," said guitarist Ryan Frederiksen. "If the crowd's going crazy, I might run into the crowd or something, and Steve [Snere, vocalist] is just running around nonstop, climbing on anything he can. [The crowd will] pick him up and throw him all over the place and ultimately he ends up with broken ribs. It's twice now that's happened."

Adapting songs from These



SUICIDE SQUEEZE RECORDS

These Arms Are Not Snakes departs from their tried-and-true musical formula.

Arms Are Snakes' latest CD, "Tail Swallower & Dove" (Suicide Squeeze), for those crazy live shows proved especially challenging

because the album is a departure from the band's previous work. "We consciously tried to tone down the maniacness of songs ... where we try

to cram as many different parts and kind of go a little overboard with song structure," Frederiksen said. "This time around, we collectively tried to not do that, to just make it a little more musical."

Frederiksen said the response from fans of the group's previous two albums, however, has ultimately been positive. "I think it went over very well — we've had quite a few people come up to us and say, 'I got the record and I didn't get it [at first]. I was kind of missing the old-style Snake stuff. But seeing it live, the new stuff blows everything away.' It's kind of reassuring, in some regards. Some people might not like it, but we love it."

"It might be toned down structure-wise, but we still go crazy with it live." KATHERINE SILKAITS

→ Rock and Roll Hotel, 1353 H St. NE; Wed., 7:30 p.m., \$12; 202-388-7625.

thescene



An Arabian Night, Washington-Style

BEEN ITCHING TO check out the Arabeque festival at the Kennedy Center? Time is running out, but you live in a veritable garden of earthly delights. Make a night of it with an old friend or that roommate you haven't seen in a week because you've been working so hard.

The festival includes a slate of performances and exhibits, but we're particularly excited about Thursday night's "The One Man Village," an Arabic-language film about the Lebanese village of Ain El Hazaroun, whose inhabitants fled — except for one man, the filmmaker's uncle, who stubbornly stayed.

To get yourself in the mood, stop by Mie N Yu (3125 M St. NW; 202-333-6122), the upscale Georgetown restaurant with an eminently affordable happy hour between 5 p.m. and 7 p.m. Sample the strong \$6 cocktails and gourmet bar munchies, including wasabi gyoza and a \$2 tub of tempura. Eat plenty, since you'll want to wait until after the movie to eat dinner. Then, head to the Kennedy Center (2700 F St. NW; 202-467-4600) for the 7:30 p.m. film screening.

After the movie, if you're still in the mood for Middle Eastern food, go back to Georgetown and Moby Dick's House of Kebab (1070 31st St. NW; 202-333-4400). This local Iranian-food chain is famous for (obviously) kebabs, so order a few with rice. Don't mind the line — there's usually a long one, but it moves quickly, and the food is always worth it. FIONA ZUBLIN (EXPRESS)

topstops



Art Writ Very Large

Ever get in trouble as a child for drawing on the walls? Apparently, admonitions didn't sink in for artist Linn Meyers, who has covered the walls of the University of Maryland art gallery with two giant drawings, each so big that you can't take

2 it in all at once. The inked, swirling sketches will make you a little woozy — one minute they look like fingerprints, the next like the inner workings of the human body. Meyers has transformed her gallery space, but her work will transform your brain. The exhibit closes this weekend, so get a move on if you want to see it. F.Z.

→ Art Gallery, University of Maryland, 1202 Art-Sociology Building, College Park; through Friday, free; 301-405-2763. (College Park)



Gypsy Rock Band

Nope, Fleetwood Mac doesn't have a new album out. None of its members is promoting a movie or a new trashy

3 autobiography. They're just here to play music, guys. It's a greatest hits tour, so if the sound of "Landslide" is going to remind you of your first major break-up or something, you should be prepared. But, hey, "Don't Stop" will make you think happily of those pre-Iraq war, pre-Depression 2.0 years when the worst we had to worry about was a president's infidelity and a hole in the ozone layer. F.Z.

→ Verizon Center, 601 F St. NW; 8 p.m., \$49.50-\$149.50; 202-397-7328. (Gallery Place)

Compiled by Express' Karmah Elmusa and Fiona ZUBLIN. Read more of their picks every day at EXPRESSNIGHTOUT.COM/topstops.

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College Park — \$575rm-\$675MBR avail immed-clean, NS, split util, nr publ. trans, sh kitchen 301-996-1710

Fairfax - WLK TO METRO, 1br w/BA + w-i closet, N/S, shared TH, \$725. Call 540-325-9653

FALLS CHURCH — Beautiful. Rm w/shr'd BA avail in shr'd hse. Nr Metro. \$625 incl utils & Hi speed Internet. NS. **703-204-2279**

FT WASH Shr SFH. Fully furn rm w/ refrig, microw, CATV, free phone. \$175/week **202-253-6203**

GAMBRILLS Hse to shr. Furn rm for M/F, W/D, \$600 incl. utils, cable & Internet. Avail. immed. 410-695-2787

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HERNDON — TH to shr. Lg BR w/pvt BA incl catv. \$550 + utils. Call **571-226-7599**

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KENSINGTON — M or F to shr quality house built in 2006. 3 rms & bath, util. i/net incl. \$1050. **301-520-5179**

LEESBURG — Furn BR in SFH. 1 min to Greenway. \$650 incl utils. & Fios. 571-242-0922 or 703-349-6014

MANASSAS — Professional person to shr furn TH, quiet & peaceful. Call **571-215-6531**

MANASSAS Shr TH, nr 234 Lg. Furn'd Bsmr rm \$575. NS/ NP 571-264-1156. 1 room \$435. 571-264-1156

MT. VERNON/FT. BELVOIR - room avl in , furn'd, utils, cable, inet. Nr shpg/transp, Mstr ste w/pvt BA, \$750. Small BR \$550. **703-799-3112**

NE/Fort Totten Metro — BR furn in Shr 4B 2.5BA hse. N/S, \$775 & bsmt w/pvt entr & BA, W/D, cable & maid svc, pvt/prk, \$975 incl utils. **202-494-3692**

No Pot/Kentlands — F 1 LG BR/W/priv Ba furn/un, \$850 incl hisp int, cable, great loc, walk to stores theatres, pool, fit ctr, cl Metro & bus 301-642-5273

NW/726 Quebec Pl — Lg newly renov. 3BR + den. 2 full BA. new hdwd & ceramic flrs. new kit. new BA. full fin bsmt w/d, nr Metro. \$250/mo.

Delwin Realty. **301-608-3703 x 105**

NW/Upshur St. — Lrg furn'd rm in quiet shr'd hse, nr shpg, on busline, off-st prkg \$595/mo. **301-266-2989**

OLNEY — F shr 3 M TH, MBR w/own priv ba walk in clst, furn'd, \$600 incl utils. Avl now **301-534-4896**

RIVERDALE - 1 huge BR & closet in hse to shr w/quiet prof Fs. w/d. \$550/mo incl utils. **240-882-3952**

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SIL SPG — N/S Shr hse. Furn rm, Cable/internet, pvt entr ance/bath, nr trans/shpg, prkg, safe area, \$650/mo. Util incl **301-962-7171**

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SILVER SPRING - Rms for rent for Profs., wlkMetro bus, furn'd, Indry, pvt rm, internet, cable, \$500 & \$600 mo. 3 m/o lease/longer. **301-503-6536**

SILVER SPRING — Shr rm in house, \$500/mo incl utils, near bus stop. **301-775-9032 or 301-728-1667**

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UPPER MARLBORO — Female sh hse 1BR, \$550 bsmr \$800. w/pvt bath, w/d, **301-218-1118**

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WOODBRIDGE—Furn'd rm in Igth TH, n/smkg \$525 utils incl, HDTV, gym, priv. Bath. **703-459-5119**

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Catherine Holloway, Exit Premier Reality,

202-391-2347, 301-560-6700 X3104

BOWIE—SFH. 3 Lvl. 4 BR, 2 car gar, \$230,000. For

more info call Michael Jones, Exit Premier, 301-560-6700 or 301-257-8579

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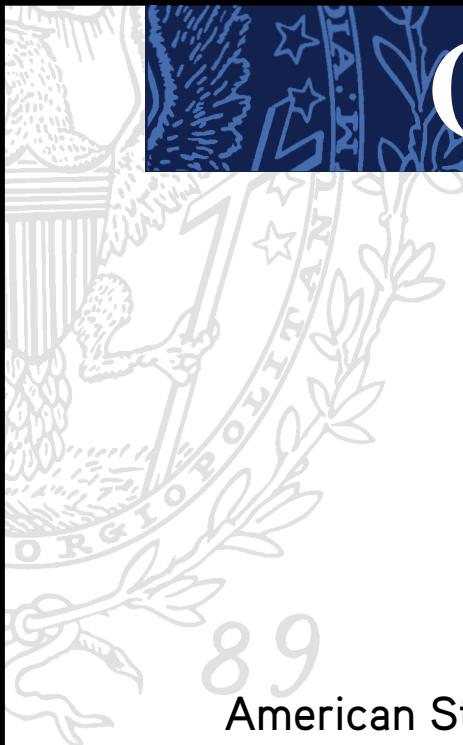
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INFORMATION SESSION

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Food

Top chefs, TV shows help introduce Spain's cuisine to U.S. diners

On the American dinner plate, Spain is a side dish no longer.

After years in the shadows of the cuisines of France and Italy, Spanish foods — and the men and women who craft them — are demanding and deserving main course treatment.

"Our gastronomy has never been as popular as it is now," Ferran Adria, the famed avant-garde chef of el Bulli restaurant in Roses, Spain, said in an e-mail interview translated from Spanish.

In cookbooks and on television, Spain's cuisine has become a must-have. Traditional ingredients once limited to specialty shops — manchego cheese, Iberian and serrano hams, chorizo, sardines and anchovies — are now commonplace.

“People no longer think that Spanish cooking is paella.”

JOHN WILLOUGHBY,
GOURMET MAGAZINE

And some of the nation's hottest menus are headlined by Spanish chefs, including Jose Andres, whose restaurants include Washington's Jaleo, an eatery credited with putting tapas — Spanish bar food — in the American food chain.

Even this year's Food Network South Beach Wine & Food Festival — typically a celeb-fest tribute to the American food scene — was kicked off with an ode to Spanish cooking, complete with a dinner for Spain's King Juan Carlos and Queen Sofia.

INSIDE

'Survivor' host helps seizure victim | 30



Blog Log: Snow, then sun — weird weather | 28

Discussions: Stem cell funding questions | 28



TAPAS TREAT: Spanish cuisine, such as this appetizer of bonito fish with onion and tomato, has become popular in the U.S.

Spanish Sizzles



MEDITERRANEAN TASTE: D.C.-based Spanish chef Jose Andres prepares a dish.

nitrogen to make "popcorn" from olive oil, sherry and tomato water. That innovative spirit has grabbed attention and respect.

And it was enough to team Mario Batali — a reigning voice of Italian cooking in the U.S. — with actress Gwyneth Paltrow and food writer Mark Bittman in "Spain: On the Road Again," a travelogue-style television show chronicling great eats across Spain. And it brought Andres to American viewers in public television's "Made in Spain."

Though clearly happy to push Spanish cuisine, Batali doesn't see it diminishing Americans' love affair with Italian food.

"I don't think it will take over. It will certainly have a place," he said.

Grant Achatz, whose Alinea restaurant in Chicago is a leader of the molecular gastronomy movement, agrees that Spanish food itself is unlikely to topple other cuisines from the top of the American food chain, but the techniques Spain's chefs have pioneered will linger.

"They have a lot to do with this new way of looking at professional cooking. ... It's more the philosophy," says Achatz. "It was a natural evolution; they just sped up the process."

LISA ORKIN EMMANUEL (AP)

Spain only recently found its culinary voice. During Francisco Franco's rule, the cuisine was rustic and simple because of poverty and poor-quality ingredients, says Anya von Bremzen, author of "The New Spanish Table" cookbook.

"After the death of Franco [in 1975], there was new awakening. They modernized very quickly," she says. "If you start from scratch, you might as well go for the sexy stuff."

Today, Spanish cooking is known for an unusual blend of ultra-avant-garde creations — so-called molecular gastronomy, in which liquid nitrogen has become a standard cooking tool — and more rustic fare, such as fabada, a pork and bean stew.

Dani Garcia, chef at Restaurante Calima in Marbella, Spain, calls Spanish cooking an art, one that has pushed and blurred the boundaries of food and science. Garcia, for example, uses liquid

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FILM

Good Evening

Alfred Hitchcock made us terrified of showers, birds, heights — literally anything could become creepy paranoia in his hands, following us into our nightmares as we cuddled into bed each night. March 12 is Alfred Hitchcock Day, and Roxana Hadadi lists his top-five influential ideas. | ONLINE NOW



MUSIC

Indestructible Soul

Few bands can last 20 years—if group drama doesn't get them, suffering sales might. But for punk mainstays the Bouncing Souls, it's just what a family does. Roxana Hadadi spoke to guitarist Pete Steinkopf about the group's 20th anniversary tour, which hits Baltimore on Thursday. | ONLINE NOW

SOCIAL NETWORKING

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poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK GRAPHIC NOVELS ARE GOOD SOURCE MATERIALS FOR MAKING MOVIES?

YES 50%

NO 50%



"A good story is a good story, irrespective of its medium. Therefore, whether a graphic novel translates well to the big screen is entirely the responsibility of the director."

COMMENTER DIOGENES, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK GRAPHIC NOVELS ARE GOOD SOURCE MATERIALS FOR MAKING MOVIES?"

66 Any film student

can tell you that there are only 37 core plots in fiction. They've all been used and reused—the goal is to make it interesting, engaging and relevant."

COMMENTER DEMONFAFA, WHO ADDED, "BOTTOM LINE: A GRAPHIC NOVEL CAN BE EXCELLENT SOURCE MATERIAL IF IT'S ANY GOOD."

66 Define a moviemaking source—it means there is no original thought or imagination left in Hollywood."

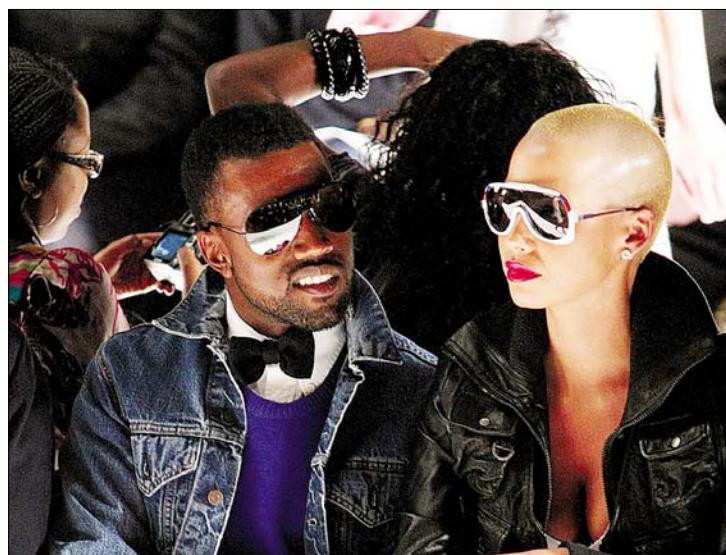
COMMENTER ANONYMOUS, WHO ADDED, "AS EVIDENCED BY THE CONSTANT REMAKING OF CLASSICS, ADAPTING EVERY COMIC BOOK AND SEQUELS TO EVERYTHING ELSE."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"I can't believe it snowed a week ago, but [Sunday] it was so beautiful [that my kids] ate breakfast on the [front] porch."

LUMPYHEAD.BLOGSPOT.COM WAS GLAD TO SEE TEMPERATURES REACH THE 70S OVER THE WEEKEND, AFTER SNOW FELL IN THE REGION AT THE BEGINNING OF LAST WEEK.



"What justifies someone as the crazy cat lady? For two years I worked part time on the weekends at an animal hospital. During that time I accumulated four pets."

CAPITOLHILL2010.BLOGSPOT.COM ADDS, "AM I DOOMED TO A LIFETIME OF BEING SINGLE BECAUSE I HAVE PETS? ESPECIALLY CATS?"

"I AM SO GRATEFUL that the stem cell 'ban' was overturned. Right now we have two embryos on ice. If this pregnancy works out (and it is looking good!), we won't have more children. Two is all we can afford mentally, physically, financially and emotionally."

DCFULLEST.LIVEJOURNAL.COM OTHERWISE WOULD HAVE HAD TO CHOOSE BETWEEN LONG-TERM STORAGE FOR OR DESTRUCTION OF HER EMBRYOS.

Discussions

Stem Cell Funding

DAVID SCADDEN, M.D., co-director of the Harvard Stem Cell Institute, was online Monday to discuss the executive order signed by President Obama to lift the ban on federal funding for embryonic stem cell research.

How can we be sure that "strict guidelines," as President Obama said, will be followed so this ban will not encourage human cloning? Reproductive cloning takes many steps, much research and much money. By putting barriers in the way in each of these areas and at each step, the government will virtually assure this cannot be done. Might some group of rogue individuals attempt it somewhere? They might, but the

difficulty getting all the expertise and pieces in place makes it extremely unlikely.

Who will oversee the research?

All research that is federally funded is overseen by the agency that funds it. All research involving human subjects has additional layers of oversight (institutional review boards) acting according to guidelines issued by the government. We anticipate that the same will apply to stem cell research and understand that the National Institutes of Health has been asked to formulate specific guidelines in this area within the next 120 days. That interval would be before any funding would likely occur.

If Christopher Reeve were alive, what would this mean to him and his individual condition?

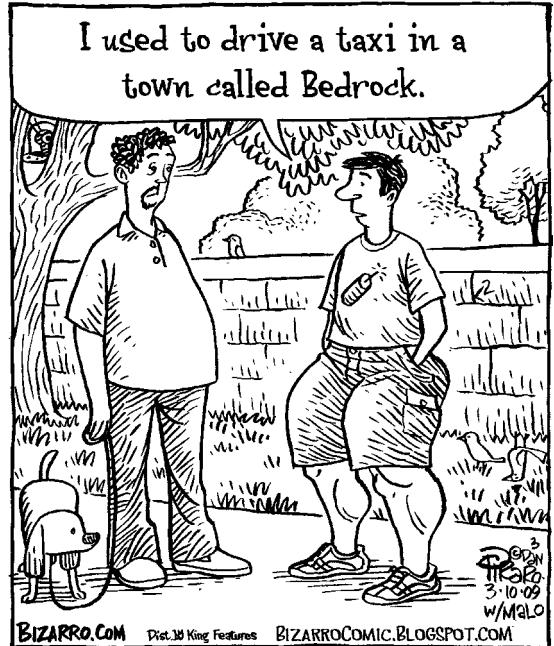
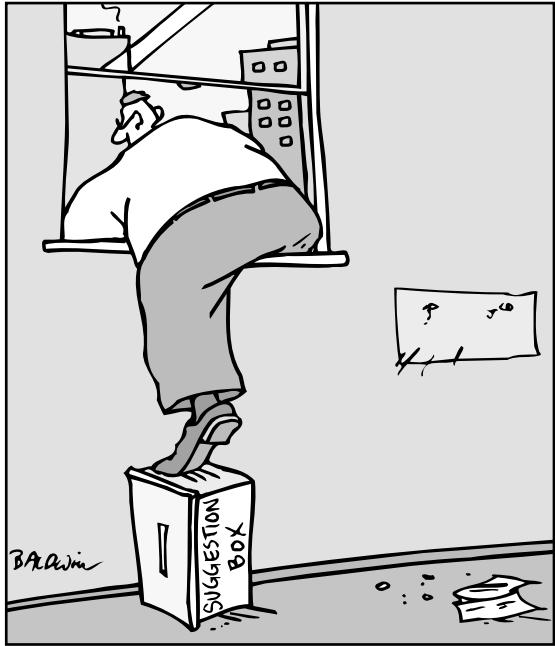
There is a clinical trial using embry-

onic stem cell-derived cells that is to begin for acute spinal cord injury patients this summer. Christopher Reeve had a long-standing injury, and this first trial is only for acute injury and is really intended to determine the safety of the cells. However, it is a start.

Will raising money be hard for this effort, in light of the state of the economy?

Absolutely. This is a time of great promise in the science and a great challenge in finding the funds to drive it to fruition. Being able to compete for federal money now is a great first step, but philanthropic money is what fuels the most innovative work.

TODAY ON DISCUSSIONS: Calling all foodies! Join us Tuesdays at 1 p.m. for What's Cooking, our live online culinary hour with Kim O'Donnell. | washingtonpost.com/discussions.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy

Horoscope

By Stella Wilder

PISCES (Feb. 19-March 20) Wherever you find a rift of any sort, your unusual ability to close it and heal those on either side will serve you and others well.

ARIES (March 21-April 19) If it's help you're looking for, you can certainly find it—but not in the usual locations. Help comes from a surprising place.

TAURUS (April 20-May 20) It takes more than talent to get done what you have to get done—it's going to take experience and a cool head, too.

GEMINI (May 21-June 20) There's no reason to keep your plans or methods to yourself at this time. It is likely that others will benefit from what you know and do.

CANCER (June 21-July 22) What started big some time ago is likely to get only bigger—but not all at once. The pace might seem slow, but potential is high.

LEO (July 23-Aug. 22) Any attempt to win over your critics must come

from the heart. Doing something that isn't really you can only work against you.

VIRGO (Aug. 23-Sept. 22) Something in the headlines is likely to strike you, inspiring you to do something quite unusual for a surprising cause.

LIBRA (Sept. 23-Oct. 22) The only thing worse than being talked about is not being talked about—but, of course, even you can have a bit too much publicity.

SCORPIO (Oct. 23-Nov. 21) The complexity of a current situation may escape you—but only for a short time. Soon, you'll realize what's really going on.

SAGITTARIUS (Nov. 22-Dec. 21) You may be fortunate enough to find yourself in exactly the position you had hoped to be in—and yet something may still be missing.

CAPRICORN (Dec. 22-Jan. 19) You may feel as though your time has passed—but in fact a major opportunity could be just around the corner. Don't miss it.

AQUARIUS (Jan. 20-Feb. 18) As soon as you let go of any preconceptions, you're likely to come to a better understanding of the people around you.



Gov. Eliot Spitzer apologized March 10, 2008, after scandal allegations came out.

Today in History

1876 The first successful voice transmission over Alexander Graham Bell's telephone takes place in Boston as his assistant hears Bell say, "Mr. Watson, come here—I want to see you."

1949 Nazi wartime broadcaster Mildred E. Gillars, also known as "Axis Sally," is convicted in Washington, D.C., of treason.

1969 James Earl Ray pleads guilty in Memphis, Tenn.,

to assassinating civil rights leader Martin Luther King Jr.

2004 Teenage sniper Lee Boyd Malvo is sentenced in Chesapeake, Va., to life in prison for an October 2002 killing spree in the Washington, D.C., area that left 10 people dead.

2008 New York Gov. Eliot Spitzer apologizes after allegations surfaced that he had paid thousands of dollars for a high-end call girl, a scandal that eventually led to his resignation.

LOOK out

People



'Stop focusing on the money, Burns!'

WHEELS

Man Freely Admits Biking To Work Has Pros and Cons

General Motors Corp. is ending its 22-year support for Emmy Award-winning documentary filmmaker **KEN BURNS**. GM spokeswoman Kelly Cusinato says the financial crisis "has forced GM to rein in such spending." (AP)

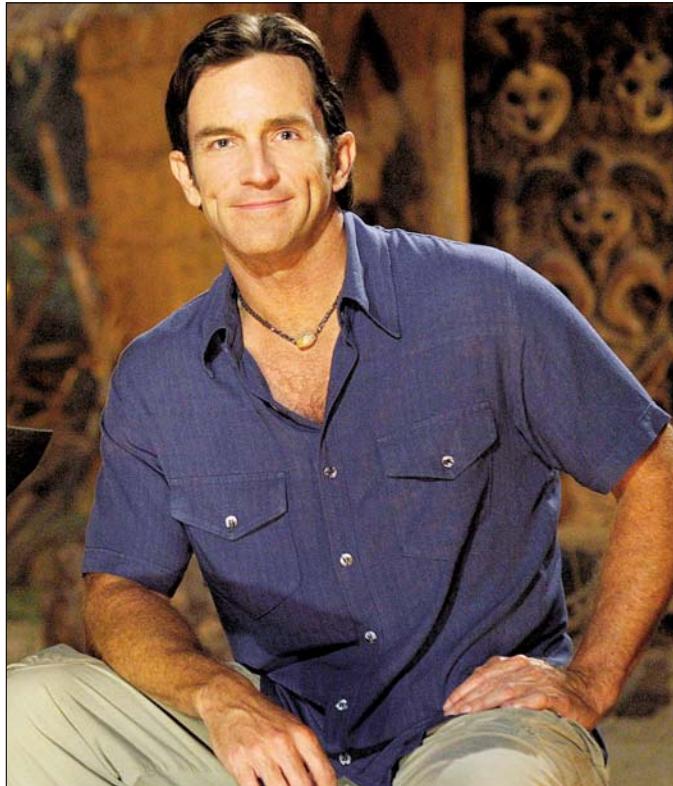
LEGALITIES

Study: Violent British Women Likely to Stay Home

Amy Winehouse won't perform at the Coachella festival next month. Spokesman Chris Goodman said Monday that Winehouse has been denied a U.S. visa in "light of current legal issues." (AP)

expressnightout

→ Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.



REAL LIFE

Survival Skills

The host of CBS' reality TV staple "Survivor," **JEFF PROBST**, demonstrated his skills when he helped a camera operator who suffered a seizure Sunday night. Probst was attending the taping of the Academy of Magical Arts Awards when he came to the rescue of the woman, catching her before she fell to the ground, reports Eonline.com. (EXPRESS)

5 Day Forecast for the Washington Area



51°



47°



65° / 39°



48° / 35°

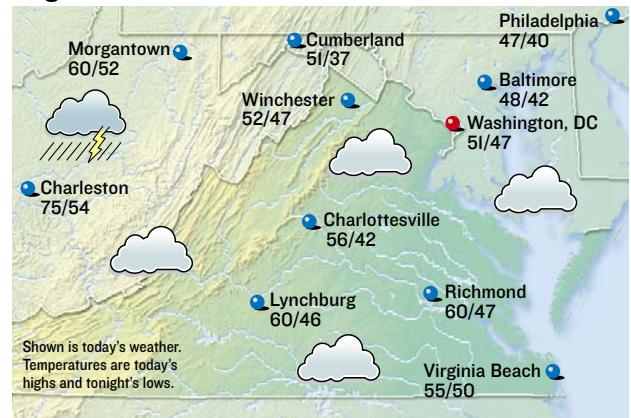


43° / 31°



48° / 38°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	68°
Low	50°
Normal high	53°
Normal low	35°
Average humidity	44%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.50"
Normal month to date	1.04"
Year to date	3.53"
Last year to date	7.15"
Normal year to date	6.88"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, mostly cloudy, a little rain, cooler. High

51. Wind south 6-12 mph.
Tonight, mostly cloudy, mild.
Low 47. Wind south 7-14 mph.

Sun and Moon

Sunrise today	7:27 a.m.
Sunset tonight	7:10 p.m.
Moonrise today	7:03 p.m.
Moonset today	6:57 a.m.



SICKNESS

Teeny-Tiny Scandinavian Microbe Fells Mighty Metal Giant

Organizers say 16,000 fans of the heavy metal group Metallica had to leave the Stockholm Globe Arena without seeing their heroes perform after lead singer **JAMES HETFIELD** was taken to the hospital. Spokeswoman Carolina



A virus erased Hetfield's entire playlist Sunday.

Satterwall says Hetfield caught a stomach bug Sunday and suffered dehydration but left the hospital that evening. He has returned to the United States with the rest of the band. Drummer Lars Ulrich said the band members were "truly, truly, truly sorry." (AP)

ASPIRATIONS

Self-Inflating Ego Sales Up

People magazine has confirmed that erstwhile "E.T." star **DREW BARRYMORE**, 34, is being considered to direct "Eclipse," the third movie in the blockbuster teen vampire saga that launched with "Twilight" last year. "I'm one of the directors that



is being talked about, which is great, because I'm a director now," Barrymore said. "But, you know, they'll make their choice." "Eclipse" is slated for a summer 2010 release. (AP)

COMMUNITIES

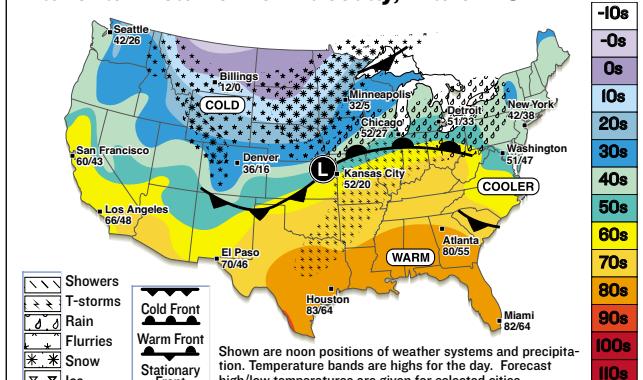
Facebook to Add 'Textile Settings' for Lonely Vegans

PINK, 29, in Paris for Fashion Week, joined **STELLA McCARTNEY** at the launch of a PETA campaign. The pop star announced she would never befriend a designer willing to show fur. "Killing animals for their skin is disgusting," said the platinum blonde. (EXPRESS)



Close enough not to talk to each other.

National Weather for Tuesday, March 10



National Cities

City	Today Hi/Low/W	Wednesday Hi/Low/W	City	Today Hi/Low/W	Wednesday Hi/Low/W
Atlanta	80/55/pc	71/44/t	Amsterdam	47/36/r	47/37/pc
Boston	41/34/pc	47/31/r	Athens	61/44/s	59/49/pc
Chicago	52/27/t	33/13/pc	Berlin	41/32/sh	42/34/c
Dallas	81/48/t	49/41/r	Buenos Aires	79/66/pc	79/64/pc
Denver	36/16/pc	39/17/pc	Calgary	-1/-13/pc	2/14/pc
Honolulu	79/68/c	80/67/s	Dublin	48/45/pc	52/43/sh
Los Angeles	66/48/s	66/48/pc	Geneva	41/37/r	46/33/c
Miami	82/64/s	82/67/s	Moscow	36/30/sn	34/30/sf
New York City	42/38/r	52/37/r	Rome	55/45/s	57/37/pc
Orlando	84/59/s	84/57/s	Sydney	73/63/pc	72/61/pc
Seattle	42/26/pc	45/30/pc	Tokyo	60/47/pc	56/42/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | BENJAMIN BUTTON EFFECT

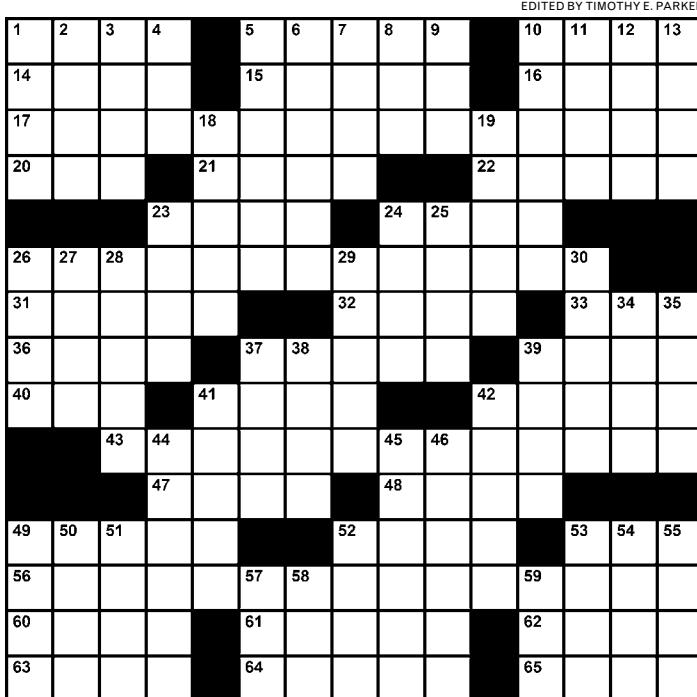
ACROSS

- Some soccer game observers
- Must, informally
- A shortening, in more ways than one
- Albany-to-Buffalo canal
- Where the deliriously happy walk
- Ancient Semitic idol
- Corporate big shot
- "All systems go"
- 503, in Roman numerals
- "David" and others
- Crusty piece of bread
- Soap and water creations
- Women's volunteer organizations
- Driver's 180
- Gomer of classic TV
- End of many URLs
- Lay off, to a batter
- Determine if it's gold
- Opera goddess
- Pronoun for a ship
- Capital on a fjord
- Errand boy
- Rookie of the year's concern
- Selected, as straws
- 1949 milit. alliance
- One place to flounder
- It has a primed and painted body
- High mountain
- Congressional rookie

60 British isles
 61 Ed with seven Emmys
 62 Bindlestiff
 63 Civil rights activist Parks
 64 The mating game
 65 Israeli novelist Oz

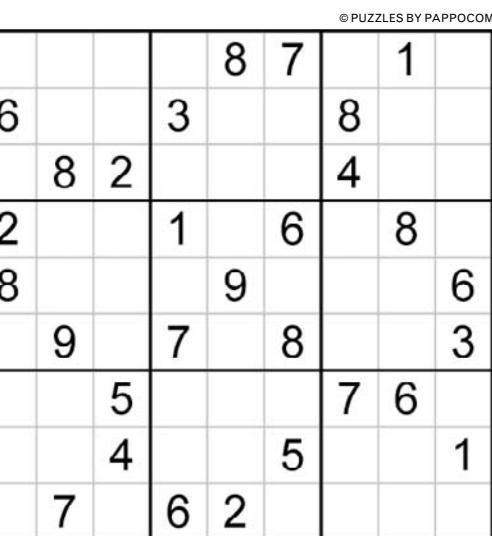
DOWN

- Western plateau
- Cookie since 1912
- Expensive fur
- Cinque follower
- With more bloodshed
- "Ah, Wilderness!" dramatist
- "Cash Cab" vehicle
- Secure, as an apron
- Apparent moon path
- Kind of triangle
- "The best ___ schemes"
- Wasp's nest setting
- Cheers for a banderillero's superior
- "___ a Grecian Urn"
- Exceeding what is appropriate
- Word that rhymes with its opposite
- Dionne Warwick's "I ___ Little Prayer"
- Hardly handsome
- Sticks out or protrudes
- 45th state
- Microwaves, informally
- England's ___ Downs
- Jules Verne milieu
- Kitchen hot spot
- Noted critic
- of capitalism
- Tennis legend Arthur
- Tap the brakes
- Martial arts school
- O founder
- Advance in age
- Port city on an arm of the Black Sea
- Heavy burdens
- Many Consumer Reports employees



Yesterday's Solution

1	E	S	T	A	S	S	A	P	P	E
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15	H	E	R	B	A	L	T	E	I	E
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21	22	23	24	25	26	27	28	29	30	31
22	T	U	N	E	R	T	U	N	E	R
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54	55	56	57	58	59	60	61	62	63	64
55	56	57	58	59	60	61	62	63	64	65



Yesterday's Solution

5	3	8	4	2	6	7	9	1
7	1	9	8	3	5	6	2	4
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3	5	4	1	6	2	8	7	9
9	7	2	5	4	8	1	6	3
8	6	1	9	7	3	5	4	2
4	9	5	3	8	7	2	1	6
1	2	7	6	5	4	9	3	8
6	8	3	2	1	9	4	5	7

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?
 Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

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*Bureau of Labor Statistics, Table 3b. Fastest growing occupations, 2000-10

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Cyclists are ready to roll and alter urban transportation **E5**



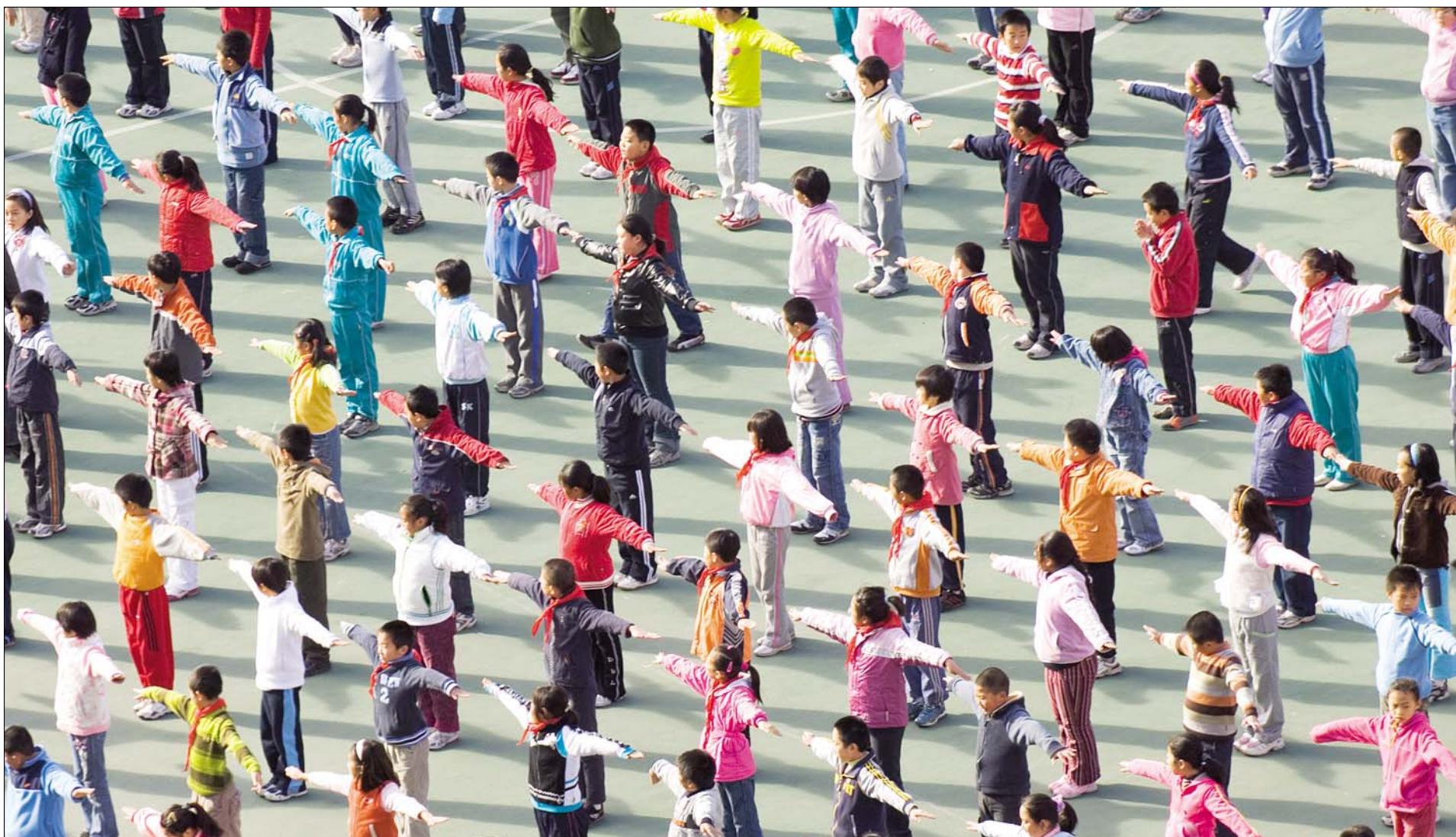
Got milk facts? The whole truth about the dairy drink
E6



Put your noggin to the test to up your mental abilities **E7**

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A GROUP EFFORT

A QUARTET OF LOCAL EXERCISE CLUBS BUILD COMMUNITIES AS THEIR MEMBERS GAIN MUSCLES AND FRIENDSHIPS ON A BUDGET **E4**



GETTY IMAGES

Baggage Check

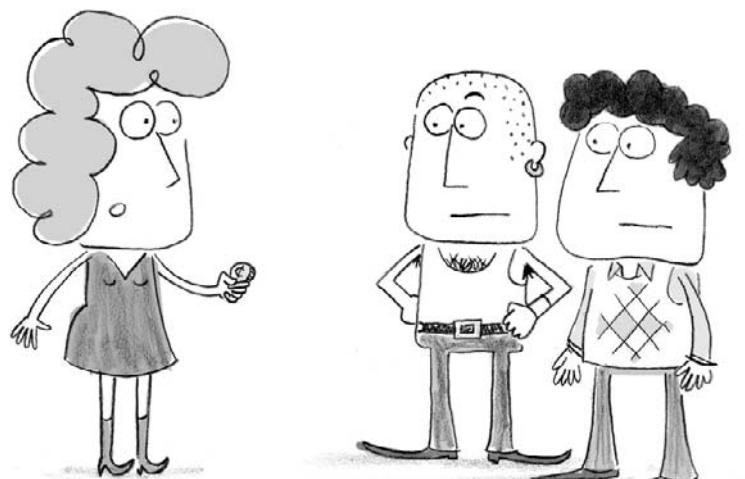
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Tell Her What's Eating You

QI am dating a woman who can be very difficult about food. Specifically, she comments on my food, is annoying about which restaurants we can eat at, what people should eat to be healthy, what is gross, etc. She met my parents for the first time recently and was very difficult during the meal; she had to have everything a certain way. She is a great woman in a lot of ways, but I can't stand this food stuff. It makes every meal a battle, and it makes her very difficult to be around. Please give me hope that I can change her.

— ANNOYED IN D.C.

There are a lot of food quirks that can be overlooked in a loving relationship: a dark chocolate habit, a terrorizing fear of mayonnaise, an unusually strong set of opinions about paprika. But being "very difficult" about food in so many ways, so much of the time, is not one of



"OK Spike, you call it."

ERIC REECE

them.

I'm hesitant to make pronouncements here, not just because my soapbox is in the shop.

A variety of things could be going on. She might have some issues with eating and body image,

she might have an overly controlling personality, or she might just be a foodie gone wild. Regardless, the effect on you is the same: It's quite frustrating to be around, and it's hard to ignore. So, start by being honest with her about your

discomfort.

This isn't about changing her. This is about seeing whether she is willing and able to make some changes herself, and perhaps meeting her along the way in her attempt to do so.

It's also about being honest about the underpinnings of this trait — are there other rigid aspects of her personality? Are there signs that she might be unhealthily fixated on weight or the way her body looks? Are things really, truly peachy-keen otherwise (as long as peaches themselves aren't involved)?

Have a talk and see where it goes. Give her your gentle but honest feedback and then the time to try to make changes. But if it's not something she can acknowledge and work on, don't hold your breath about it ever getting better.

more of a "bad boy" than the other. My friends think I should go for the safe bet, but the bad boy is more interesting to me. He is not really a bad boy per se, but has a sketchy past and doesn't take crap from anyone.

— HELP, PLEASE

Is there a door No. 3?

I am trying to imagine a scenario in which there are two romantic prospects who can really be boiled down into "bad boy" versus "non-bad boy," as if all other characteristics of theirs are equal. I'm coming up with a "Sweet Valley High" subplot.

If the feeling is not swaying you toward one of them over the other, you either need more time or you need to give both contestants the heave-ho. You say the bad boy is "more interesting," but is that in a good way?

It's time to do some honest thinking. Not to bite the hand that feeds me, but if you're asking a stranger who to pick, that's not exactly an endorsement of either of them.

The 'Bad Boy' Attraction

QI am currently seeing two guys, and I am having trouble deciding between them. They are both decent and kind, but one of them is much

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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SHIELD OF DREAMS

Attention, spring breakers! Make sure your beach vacation doesn't leave you red and itchy: Pack Supergoop Bug-Away Spray (\$16, Supergoop.com). The clear, lightly scented (lemongrass and cedarwood) formula banishes insects and protects against UVA and UVB rays. But it won't help with hangovers.



DIP SERVICE

You could drag out the food processor and blend your own tomato-based party condiment. Or, you could peel the lid off of Wholly Salsa (\$2.99, grocery stores) and have the same thing instantly without preservatives. It tastes fresh and is sold in mild, medium or (legitimately) hot.



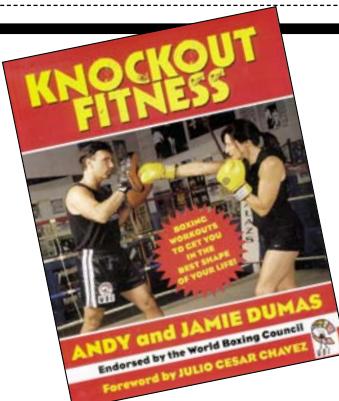
ONE-TWO PUNCH

Husband and wife duo Andy and Jamie Dumas know how to fight — no, we mean they're both boxing instructors. And in "Knockout Fitness" (14.95, Skyhorse Publishing), they show readers the (jump) ropes: proper stance, footwork, bag basics and more.



STEAM ME UP

You've heard of steaming, right? The Sharp SuperSteam Oven (\$989, Ajmadison.com) ups the ante with "SuperSteam Convection," a technology that combines high-temperature steam with fan-forced hot air. The result, or so the maker claims, is moist, flavorful food without extra fat.



GUINEA PIG



ISTOCK

Out of Gas

■ Your mission: Try not to giggle while we tell you about Subtle Butt (\$10.49 for "five saving graces," Drugstore.com), square patches you stick into your underwear to block any odors that might emerge from your keister.

In theory, they manage to neutralize gas with a thin layer of carbon. In reality, however, we're not sure stickers have that kind of power — although we do appreciate the helpful advice on the packaging that "Subtle Butt can be applied to thongs by wrapping and securing it around the back."

For our test, we peeled the adhesive strips off the sides of the "graces" and placed them appropriately. And then we tried to fart. But it turns out, social pressure has an inverse effect on gastrointestinal pressure. We ate beans, broccoli and cheese, and even drank bubbly beverages with straws. Nothing. Well, except for one that made a lot of noise (which is not blocked by Subtle Butt). But it didn't seem like a stinky one. Or was that the power of Subtle Butt? One thing's for sure: It left black flecks of carbon in our underwear. Ew. (EXPRESS)



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THE MISFITS

Q I am fairly fit, but I am concerned that working out would make me look "flatter" across the chest.

■ Here is the problem with breasts: they're made of fat. So, when you lose weight, they shrink along with the parts you're hoping to target (thighs, tush, etc.). Life's not fair, and, yep, you're right to be concerned. Sorry!

Q Given the recent, unsurprising news that the only real way to lose weight is to cut your calories, what's the best bang for my buck on that front at the gym?

■ You can burn more calories by using more muscles at the same time (they're often called compound exercises). Try the new Jillian Michaels DVD "No More Trouble Zones." It has a ton of seriously brutal moves that are great examples of this.

Q What's your opinion about Curves? I've fallen way off the wagon, and based on what's worked for me in the past and what I've heard about Curves, I'm thinking of giving it a try. I want to tone up and lose about 15 pounds. Comments?

■ For some ladies, Curves is the ideal workout experience. Since they tend to be small, they're often in convenient locations. There are no men to hit on you in a creepy way. They make circuit training really accessible for people who don't know much about exercise. And there are probably some other selling points I'm missing.

Keep in mind, though, that the guidelines for losing weight call for more than 30 minutes of exercise a day (more like 60 to 90 minutes). So, that's the downside of the program. But, of course, you can always supplement Curves workouts on your own.

VITAL STATS

13

THE PERCENTAGE INCREASE IN THE NUMBER OF AMERICANS REPORTING SLEEP PROBLEMS SINCE 2001, SAYS THE NATIONAL SLEEP FOUNDATION.



desperate for some exercise, some fellowship and some fun," Norcross says. "I kept seeing women biking along the trails alone and thought, 'I wonder how many of these women would like some company if only there was the opportunity?'"

Answer: a lot. Today, there are a couple hundred Babes.

Membership is free, and Babes get together for hill and trail rides three times a week, says Marla Schnall, who heads the group now.

"It's actually harder to get a really good workout when you're riding outside as opposed to [in] a Spinning class, because it's just not safe to be riding so hard that you're heart is pumping and you're almost falling off your bike," but you get to be outdoors, she says. "We go to some fun and beautiful places, riding our bikes and talking. It's just a wonderful way to spend the day."

HAPPY TRAILS

Don't take this the wrong way, but maybe you'd like to take a hike. The \$10 annual membership in the Capital Hiking Club (Capitalhikingclub.org), currently celebrating its 71st year, puts you in the know about the group's Saturday trips to locations two hours outside the District. The club also arranges urban hikes near Metro stops and specialty hikes, such as monthly moonlight walks in Great Falls and beach hikes in the summer, says Katherine Shore, the group's publicity director.

KICK IT

If competition is your goal, give your workout a kick with the Capital Coed Soccer League (Theccsl.com), which has more than 1,100 registered players, 38 teams and four divisions, says Commissioner Sanjay Nayar. The spring season starts March 29, but there's a catch: You have to be on a registered team's official roster to join the league, which has a lengthy waiting list.

Once you're in, though, beyond the team fee, all you really need are shin guards (they're mandatory) and matching jerseys (they're not). "Even the matching jersey rule is fairly lax, as we don't want to make people have to spend money on fancy official jerseys," Nayar says. "It helps if somebody on the team owns a ball, too."

STEPHANIE KANOWITZ

The Big Gang Theory

The more people the merrier for these four local exercise groups

One isn't merely the loneliest number — it's also the least innately motivated to exercise. But it's easy to gang up in the D.C. area, where you can find groups devoted to almost every active pursuit. Best of all, membership is usually cheaper than joining a gym, so you can help your bottom line while working on your waistline. Don't just sit around waiting for an invitation. Start your sweaty socializing with these four options.

ON THE RUN

Forget stretching. Members of the Washington Runners Club

(Washrun.org) warmed up before a recent jaunt on the Capital Crescent Trail with good-natured barbs and words of encouragement before leaving in a hopping blur of spandex from their 8 a.m. meeting point at M and 33rd streets in Georgetown.

"I'm probably the slowest runner

a treadmill, puts their headphones on, and nobody talks."

On WRC runs, it's the opposite, promises president Elyse Braner. "You're running with other people, you're motivating each other, you can share training tips and advice, and then afterward, you can get together and socialize," she says.

66 [At] the gym, everybody gets on a treadmill, puts their headphones on, and nobody talks."

— literally, I'm not being modest. But it doesn't matter," says Cate Florenz, a former Marine who joined the club last fall. "It's fun. It's more social than the gym. You know, you go to the gym and everybody gets on

WHEEL DEAL

Beth Norcross founded Babes on Bikes (Babesonbikes.org), a women's cycling group based in Arlington, in October 1988. "I was a mom with three teenagers at home and was

Ride the Revolutionary Road

An Oregon biker thinks U.S. urban environments are in a cycling boom

When Jeff Mapes hopped on a hybrid 10-speed in '95, his only motive was to find an easy way to get to work. It turns out the 54-year-old political reporter for the Oregonian wasn't just commuting. He was joining a "Pedaling Revolution" (which happens to be the name of his book, due out March 20). He'll stop by the League of American Bicyclists' annual meeting Wednesday (Ronald Reagan Building Amphitheater, 6:30 p.m., free) to discuss why Americans like him are embracing two wheels over four. A chat with him reveals one clear fact: America is in for one wild (bike) ride.



Seeing more cyclists these days?

I sort of have a joke with myself: Can I leave my house, go four or five blocks by whatever mode of transportation that I'm using, and not see a bike during my journey? The last time was when I was coming home late from work one night, at midnight. I had to go a couple of miles before I saw a bike.

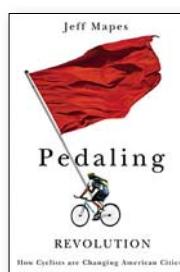
What's causing the uptick?

It's very much an urban phenomenon, and you're seeing a lot more in the cities than in the suburbs. Two thousand five was a watershed year



COURTESY/WABA

A local revolutionary pedals the streets of Washington. In his book, Mapes outlines why more Americans are following suit.



in some ways because of gas prices — that was the first sudden spike up. It wasn't as dramatic as going up to \$4 a gallon like last year, but it was a pretty good spike. I do think every time there is a jump in gas prices, more people try [cycling]. They're looking

for alternatives. A certain number stick with it, you know?

Is there a social element as well?

Yes. What I've noticed in Portland, San Francisco, Seattle and New York is that at a certain point it starts to become more viral. People see their friends doing it; they see it reflected in the media. It starts becoming more of an acceptable thing. Even if you don't have a friend who does it, let's say you meet someone at a

cocktail party who says, "I do this all the time." You start having more connections; it seems more doable. We like to think of ourselves as lone wolves, but actually we're more like sheep.

What are the reasons people give you for not wanting to do it?

Concern for their safety. If I offer any advice to people it is to take it slow. Starting out, ride on the most pleasant, sunny, safe days. Try out

a route on a weekend day when the traffic is very light and learn to get that route down. Maybe get some help from someone who is more experienced to help figure out the best way to go.

Where do you see the revolution going in the next five to 10 years?
It's going to be a much more common and mainstream form of [urban] transportation. Then the

GIVE IT A SPIN

→ Pedal to Garfield Park (First St. and Maryland Ave. SW) Friday at 8:30 a.m. to join the ninth annual Congressional Caucus Bike Ride. The casual, 8-mile street ride concludes at the Capitol. Go to Bikeleague.org for details.

question is: Does it start to spread out from there to where the majority of Americans live, which is in the suburbs? Arlington is a good example of where you're seeing a lot happen.

I lived there way back in the early '80s and I'm always struck when I go back by how much more urban it feels. I think we're entering this sort of urban century where a lot more people are going to live in places like Arlington, for example, where it's going to get denser. It's not just going to be solely car-oriented. Whether we're going to look like Amsterdam, I'm not so sure about that. But I do think that in a lot of cities, I think it's going to become a very mainstream, well-accepted form of transportation. KRIS CORONADO (EXPRESS)

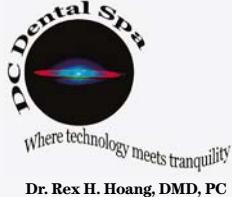
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The White Stuff?

The udder truth about whether cow's milk really does a body good

"Milk is a deadly poison," according to the Dairy Education Board. In fact, if you peruse this special interest group's Web site, Notmilk.com, you'll find dozens of articles about the purported evils of this popular beverage. One claim, for example, is that milk from cows contains cancer-causing hormones and dairy industry dollars have kept that fact bottled up. This may leave you second-guessing your next sip. So, we've investigated all the anti-milk claims, sifting through the research while also turning a critical eye to pro-milk propaganda. The result: all your milk questions are answered.

IS MILK A FAT-BURNING FOOD?

Maybe. In a six-month study, University of Tennessee researchers found that overweight people who downed three servings a day of calcium-rich dairy foods lost more belly fat than those who followed a similar diet minus two or more of the dairy servings.

In addition, the researchers discovered that calcium supplements didn't work as well as milk. Why? They believe that while calcium may increase the rate at which your body burns fat, other active compounds in dairy products (such as milk proteins) provide an additional fat-burning effect.

DOES IT BUILD MUSCLE?

Absolutely. In fact, milk is one of the best muscle foods on the planet. You see, the protein in milk is about 20 percent whey and 80 percent casein. Both are high-quality proteins, but whey is known as a "fast protein" because it's quickly broken down into amino acids and absorbed into the bloodstream. That makes it a very good protein to consume after you work out.

Casein, on the other hand, is digested slower. So, it's ideal for providing your body with a steady supply of smaller amounts of protein for a longer period of time — such as

between meals or while you sleep. Since milk provides both, one big glass gives your body an ideal combination of muscle-building proteins.

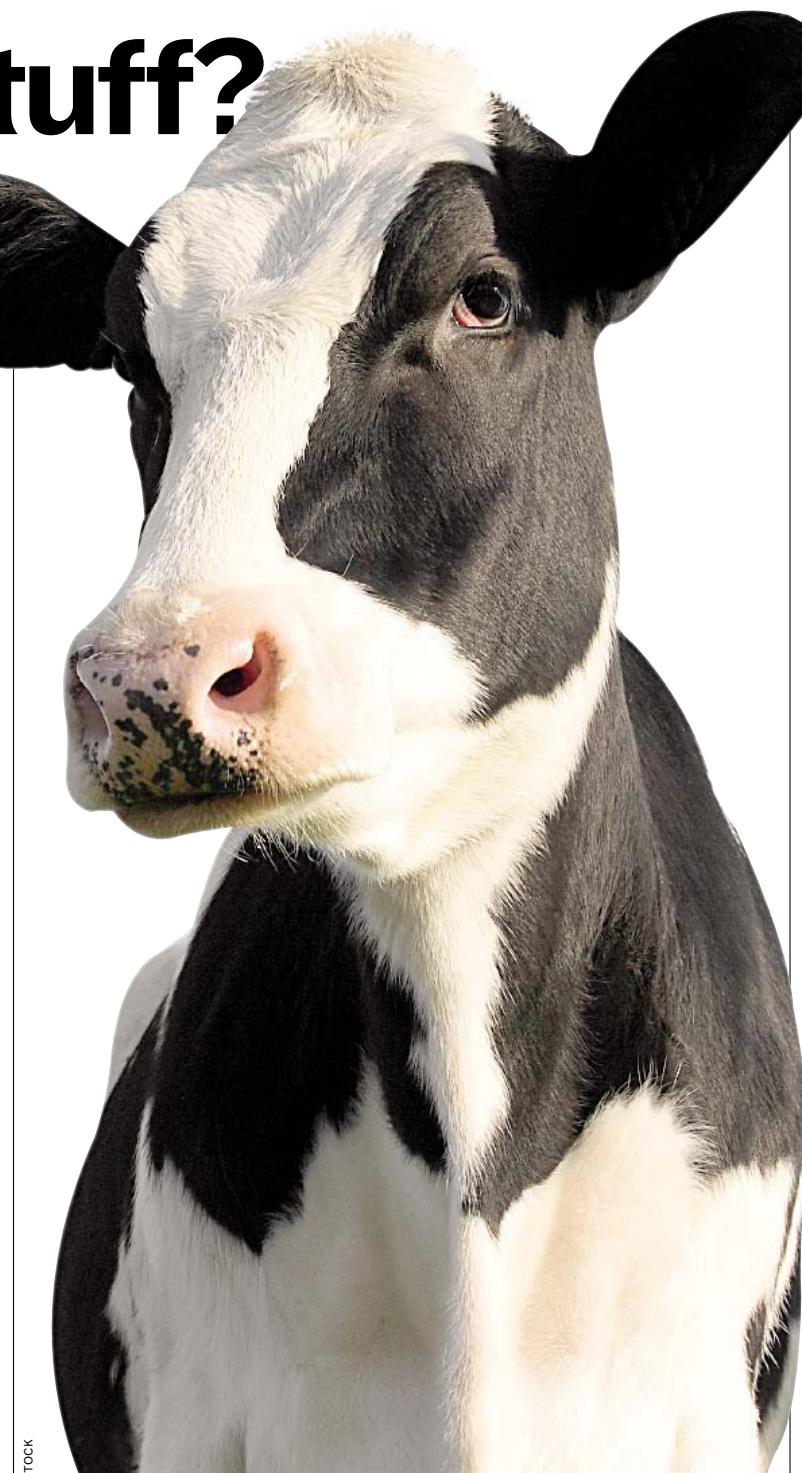
DO HORMONES MAKE MILK UNHEALTHY?

Not unless you're injecting the milk. Here's the full story: In 1993, the FDA approved the use of recombinant bovine growth hormone (rBGH) in cattle. This practice resulted in greater milk production at less cost to the dairy farmer. But it has also sparked much controversy, because rBGH boosts milk's concentration of insulin-like growth factor (IGF), a hormone that's been linked to cancer.

Unlike steroid hormones, which can be taken orally, rBGH and IGF must be injected to have any effect. That's because the process of digestion destroys these "protein" hormones. So, drinking milk from hormone-treated cows doesn't transfer the active form of these chemicals to your body. However, there is a downside to consider: It's not good for the cows. Canadian researchers discovered that cows given hormones are more likely to contract an udder infection called mastitis.

WHAT ABOUT ANTIBIOTICS?

No one really knows. Some scientists argue that milk from cows



ISTOCK

EATING IN

LOW-FAT BUTTERMILK BISCUITS

TOTAL TIME: 30 MINUTES, SERVINGS: 10

INGREDIENTS: 3/4 cup low-fat buttermilk, 1 tablespoon canola oil, 1 cup all-purpose flour, 1 cup cake flour, 1 tablespoon sugar, 1 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 1 1/2 tablespoons cold butter (cut into small pieces), 1 tablespoon low-fat milk for brushing.

HEAT THE OVEN TO 425 F. Coat a baking sheet with cooking spray. In a measuring cup, combine the buttermilk and oil. Set aside.

In a large bowl, whisk together the all-purpose flour, cake flour, sugar, baking powder, baking soda and salt. Using two knives or your fingertips, cut the butter into the dry ingredients until crumbly. Make a well in the center and gradually pour in the buttermilk and oil mixture, stirring with a fork until just combined.

Transfer the dough to a floured surface and sprinkle with flour. Lightly knead



for 30 seconds, then pat or roll out to an even 1/2-inch thickness. Use a 2-inch round cutter to cut the dough. Transfer the biscuits to the prepared baking sheet.

Gather any scraps of dough, pat to 1/2-inch thickness and cut more rounds. Brush the tops of the biscuits with the milk. Bake for eight to 12 minutes, or until the tops are golden brown. Serve hot. (AP)

130 calories, 3 g protein, 22 g carbs, 3 g fat, 5 mg cholesterol, 294 mg sodium, 0 g fiber

given antibiotics leads to antibiotic resistance in humans, making these types of drugs less effective when you take them for an infection. But this finding has never been proved.

If you're uneasy, you can purchase antibiotic-free (and typically hormone-free, too) milk from specialty grocers, such as Trader Joe's or Whole Foods, or select USDA-certified organic milk, which is available at most supermarkets.

SKIM OR WHOLE?

It depends on your taste. While you've probably always been told to drink reduced-fat milk, the majority of scientific studies show that drinking whole milk actually improves cholesterol levels, just not as much as drinking skim does.

One recent exception: Danish researchers found that men who consumed a diet rich in whole milk experienced a slight increase in LDL cholesterol. However, it's worth noting that these men drank six 8-ounce glasses per day, an unusually high amount. Even so, their triglycerides — another marker of heart disease risk — decreased by 22 percent.

If you're dieting, the lower-fat option is an easy way to save a few calories. When it comes to building muscle, though, whole milk may be your best choice: Scientists at the University of Texas medical branch in Galveston found that drinking whole milk after lifting weights boosted muscle protein synthesis — an indicator of muscle growth — 2.8 times more than drinking skim did. ALAN ARAGON (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

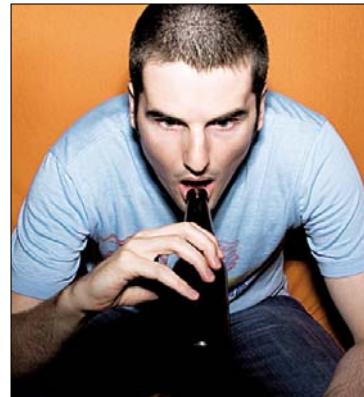
LARRY CROWLEY

STETHOSCOPE

ALCOHOL

Drinking Blame

It was probably not so tricky to lure 80 guys (two at a time) to a room with a stocked fridge, a couch and a large TV showing either "American Pie" or "40 Days and 40 Nights." Researcher at a university in Holland had some pairs watch the flicks with accompanying ads for alcohol, while other viewer saw them without the ads and/or the films' drinking scenes. Guess who drank more, according to the study published in *Alcohol and Alcoholism*. Yep, dudes who saw boozing drank twice as much.



EMERGENCIES

The Plane Truth

Did you pack the smelling salts? Good call, because a study published in *Critical Care* found that 53.5 percent of all emergencies on airplane flights involved fainting. Other likely crises: gastrointestinal problems and cardiac events. You'll be relieved to hear that in 86 percent of these medical emergencies, a nurse, paramedic or doctor was on board and ready to assist. But be sure to take all of these numbers with a grain of salt. Although the researchers requested info from 32 airlines, only two shared their data.

WEIGHT

Hostile Makeover

There's a new way for guys to prevent obesity: chill out. According to a study reported in the *American Journal of Epidemiology*, the more hostile a man is, the more his body mass index increases. Both hostile men and women tend to have higher BMIs, but women's personalities don't seem to accelerate weight gain over time as men's do. Researchers suspect hostility keeps men from following diet and exercise guidelines.

How to Develop Lobes of Steel

Put your brain to work with a computer-based training program

The newest dimension of your fitness plan requires you to plant your butt in front of a computer screen and whip your brain into shape. "Most 40-year-olds are already in age-related cognitive decline," says Norman Doidge, author of "The Brain That Changes Itself." "Fortunately, it's almost completely reversible with brain exercises." Here are four programs to flex your mental muscle.

BRAIN FITNESS PROGRAM CLASSIC

\$395 (POSITSCIENCE.COM)

THE SAMPLE DRILL. High or low: Click arrows corresponding to a pattern of ascending and descending chirps, which speed up or slow down with your performance. Just when you find your groove, it becomes impossible, keeping your neurons dancing at the limit.

THE THEORY. This package targets the auditory center of the brain. Sharpening your listening skills is fundamental to improving attention, memory and overall cognitive function, given that so much of what we take in is aural. The better the recording, the clearer the playback.

THE PROOF. Ninety-three percent of elderly subjects who stuck to the program boosted their memory to levels in line with people decades younger, according to a study published in the *Proceedings of the National Academy of Sciences* in 2006.

WORKING MEMORY TRAINING

\$1,500 (COGMED.COM)

THE SAMPLE DRILL. Visual data link: Recount the order in which a scattering of dots appears on the screen, which gets difficult after about six. By eight, you're cursing. If you get to nine, notify Mensa.

THE THEORY. Adapted from a training program developed to treat children with attention-deficit hyperactivity disorder, these exercises are designed specifically to build working memory in adults.

THE PROOF. In the lab, brain scans



show greater activity in areas that correspond with working memory, and early clinical trials suggest an improvement in this capacity of up to 15 percent.

MINDFIT

\$139 (COGNIFIT.COM)

THE SAMPLE DRILL. Time estimation: Judge which lasts longer: a tone or a picture flashed on the screen (given one after the other). Then rate your own performance — another opportunity for error.

THE THEORY. This program assesses strengths and weaknesses in 14 areas, including attention, perception, memory and "metacognition" (your ability to estimate your per-

formance). Then it builds a workout from a menu of 20 drills that become harder as you improve or ease up if you're having an off day.

THE PROOF. Among a number of studies in peer-review journals, one showed that the training not only halted the otherwise steady march of cognitive impairment in test subjects but also slightly reversed it — a significant breakthrough.

LUMOSITY

\$80 PER YEAR (LUMOSITY.COM)

THE SAMPLE DRILL. Bird-watching: Part hangman, part duck shoot. Pinpoint a bird that pops up in a landscape scene without missing the letter that simultaneously

flashes on the screen. Then pick that letter out of a lineup to spell the bird's name.

THE THEORY. Think of this as a form of online circuit training for your brain, with different games targeting four mental muscle groups: attention, processing speed, memory and cognitive control.

THE PROOF. The broad approach is largely untested, because until now the field has focused on fixing problems, not preventing them. The company's research suggests improvements in peripheral vision and working memory. ERIC HAGERNAN
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